

SPORT & PHYSICAL ACTIVITY

OCR

L3 TECHNICAL EXTENDED CERTIFICATE

Entry Requirements	GCSE PE Grade 5 or above or a L2 Pass or above from BTEC Sport
Head of Department or Course Contact	Mrs J Cartlidge
Contact E-Mail Address	jcartlidge@stedmunds.org

Brief introduction to subject and progression:

Level 3 Cambridge Technical Extended Certificate in Sport and Physical Activity is the perfect vocational alternative to A Level Physical Education. Made up of either five or six units (depending on the units chosen), this qualification provides you with the knowledge and skills required for progression - making sure you are prepared to progress to degree level, an apprenticeship or employment.

Unit no.	Unit Title	How you will be assessed
Unit 1	Body systems and the effects of physical activity	Written paper - multiple choice, short answer questions, extended response questions. 1 hr 30 min 70 marks
Unit 2	Sports Coaching and activity leadership	Internally assessed
Unit 3	Sports organisation and development	Written paper multiple choice, short answer questions, extended response questions. 1hr written paper 60 marks

There will be one resit opportunity for all examined units.

Learners will then follow optional units as a class from the following:-

M O = Mandatory = Optional				Extended Certificate 360 GLH
Unit number	Unit title	GLH	Assessment method	
1	Body Systems and the Effects of Physical Activity	90	E	M
2	Sports Coaching and Activity Leadership	90	I	M
3	Sports Organisation and Development	60	E	M
5	Performance Analysis in Sport and Exercise	60	I	O
8	Organisation of Sports Events	60	I	O
10	Biomechanics and Movement Analysis	60	I	O
11	Physical Activity for Specific Groups	30	I	O
12	Nutrition and Diet for Sport and Exercise	30	I	O
17	Sports Injuries and Rehabilitation	60	I	O
18	Practical Skills in Sport and Physical Activities	60	I	O
19	Sport and Exercise Psychology	60	I	O
20	Sport and Exercise Sociology	60	I	O