

## CAMBRIDGE TECHNICAL DIPLOMA IN SPORT AND PHYSICAL ACTIVITY

<b>Course title:</b> OCR Level 3 Cambridge Technical Diploma in Sport and Physical Activity – Coaching pathway	<b>Exam board:</b> OCR	<b>Specification code:</b> 05829
<b>How will students be assessed?</b>		
Over this two year course students will study at least eleven units. These will be assessed by three external exams in three units with all other units being assessed by coursework.		
Unit 1 Body systems and the effects of physical activity	RW 90	1st yr Exam
Unit 2 Sports coaching and activity leadership	AMG 90	1/2 yr C/work
Unit 3 Sports organisation and development	RPB 60	1st yr Exam
Unit 4 Working safely in sport, exercise, health and leisure	DH 90	1st yr Exam
Unit 5 Performance analysis in sport and exercise	NB 60	1/2 yr C/work
Unit 8 Organisation of sports events	AMG 60	1/2yr C/work
Unit 11 Physical activities for specific groups	RPB 30	2 yr C/work
Unit 13 Health and fitness testing for sport and exercise	RW 60	1/2 yr C/work
Unit 17 Sports injuries and rehabilitation	DH 60	2 yr C/work
Unit 18 Practical skills in Sport	RPB 60	2 yr C/work
Unit 19 Sport and exercise psychology	NB 60	2 yr C/work
Students must use google classroom where all task will be set and have to be completed and submitted by the students. We expect students to be heavily involved in extra-curricular sport within school and/or the local community. As part of this course they will also complete the Level 3 Sports Leaders qualification where they will gain accreditation for their hours of community service. Students will also gain a nationally recognised Governing Body award as part of their Leadership qualification.		

Half term	Key content				
	<b>Teacher 1 RW</b> Unit 1 Body systems and the effects of physical activity  Examined unit	<b>Teacher 2 AMG</b> Unit 2 Sports coaching and activity leadership  Coursework	<b>Teacher 3 RPB</b> Unit 3 Sports organisation and development  Examined unit	<b>Teacher 4 DH</b> Unit 4 Working safely in sport, exercise, health and leisure  Examined unit	<b>Teacher 5 NB</b> Unit 5 Performance analysis in sport and exercise  Coursework
<b>1</b>	LO1 Understand the skeletal system in relation to exercise and physical activity Internal assessment LO2 Understand the muscular system in relation to exercise and physical activity Internal assessment	LO1 Know the roles and responsibilities of sports coaches and activity leaders	LO1 Understand how sport in the UK is organised	LO1 Understand emergency procedures in sport, exercise, health and leisure	LO1 Understand performance profiling

2	LO3 Understand the cardiovascular system in relation to exercise and physical activity LO4 Understand the respiratory system in relation to exercise and physical activity LO5 Understand the different energy systems in relation to exercise and physical activity  Exam prep	LO2 Understand principles which underpin coaching and leading	LO2 Understand sports development	LO2 Understand health and safety requirements in sport, exercise, health and leisure	LO2. Be able to carry out performance profiling
3	Exam prep  <b>External exam tbc</b>	LO3 Be able to use methods to improve skills, techniques and tactics in sport	LO3 Understand how the impact of sports development can be measured	LO3 Understand how to minimise risk in sport, exercise, health and leisure	LO3 Be able to analyse performance
	No mock	No mock	<b>Mock Exams</b>		No mock
	Start Unit 13 Health and fitness testing for sport and exercise. LO1 Be able to use a range of fitness tests	LO4 Be able to plan sports and activity sessions	LO3 continued	LO3 continued	LO3 continued
4	LO1 continued LO2 Be able to complete a client health and fitness consultation	LO5 Be able to prepare sports and activity environments	LO4 Understand sports development in practice	LO4 Know first aid requirements for sport, exercise, health and leisure	LO4 Be able to give feedback on sports performance
	LO2 continued	LO5 continued	LO4 continued	LO5 Know how to safeguard children and vulnerable adults in sport, exercise, health and leisure	LO4 continued
5	Exam prep for unit 3 + 4	Compete HSLA evidence	Exam prep	Exam prep	Exam prep for unit 3 + 4
			<b>External Exam tbc</b>		
6	LO3 Be able to plan a fitness testing session		Start Unit 18	Start Unit 17 LO1- Know common sports injuries and their effect	Start Unit 19

