

CAMBRIDGE TECHNICAL DIPLOMA IN SPORT AND PHYSICAL ACTIVITY

Course title: OCR Level 3 Cambridge Technical Diploma in Sport and Physical Activity – Coaching pathway	Exam board: OCR	Specification code: 05829																																																							
How will students be assessed?																																																									
<p>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.</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Unit 1 Body systems and the effects of physical activity</td> <td style="width: 10%;">RW</td> <td style="width: 10%;">90</td> <td style="width: 10%;">1st yr</td> <td style="width: 10%;">Exam</td> </tr> <tr> <td>Unit 2 Sports coaching and activity leadership</td> <td>AMG</td> <td>90</td> <td>1/2 yr</td> <td>C/work</td> </tr> <tr> <td>Unit 3 Sports organisation and development</td> <td>RPM</td> <td>60</td> <td>1st yr</td> <td>Exam</td> </tr> <tr> <td>Unit 4 Working safely in sport, exercise, health and leisure</td> <td>DH</td> <td>90</td> <td>1st yr</td> <td>Exam</td> </tr> <tr> <td>Unit 5 Performance analysis in sport and exercise</td> <td>NB</td> <td>60</td> <td>1/2 yr</td> <td>C/work</td> </tr> <tr> <td>Unit 8 Organisation of sports events</td> <td>AMG</td> <td>60</td> <td>1/2yr</td> <td>C/work</td> </tr> <tr> <td>Unit 11 Physical activities for specific groups</td> <td>RPB</td> <td>30</td> <td>2 yr</td> <td>C/work</td> </tr> <tr> <td>Unit 13 Health and fitness testing for sport and exercise</td> <td>RW</td> <td>60</td> <td>1/2 yr</td> <td>C/work</td> </tr> <tr> <td>Unit 17 Sports injuries and rehabilitation</td> <td>DH</td> <td>60</td> <td>2 yr</td> <td>C/work</td> </tr> <tr> <td>Unit 18 Practical skills in Sport</td> <td>RPB</td> <td>60</td> <td>2 yr</td> <td>C/work</td> </tr> <tr> <td>Unit 19 Sport and exercise psychology</td> <td>NB</td> <td>60</td> <td>2 yr</td> <td>C/work</td> </tr> </table> <p>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.</p>			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	RPM	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
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Half term	Key content				
	Teacher 1 RW	Teacher 2 AMG	Teacher 3 RPB	Teacher 4 DH	Teacher NB
	Unit 13 Health and fitness testing for sport and exercise Coursework unit	Unit 2 Sports coaching and Activity Leadership Unit 8 Planning and delivering a sports event Coursework unit	Unit 18 Practical skills in sport and physical activity Unit 11 Physical activity for specific groups Coursework unit	Unit 17 Sports injury and rehabilitation Coursework unit	Unit 19 Sport and exercise Psychology Coursework unit
1	Review of last year's work. LO1 Be able to use a range of fitness tests.	Review of last year's work. LO4 - Be able to plan sports and activity sessions.	Review of last year's work. Working on collecting data for the practical assessments.	Review of last year's work, coursework for LO1 handed in. LO2- Be able to minimise the	Review of last year's work. Final completion of Unit 5 - LO3/4

	<p>LO3 Be able to plan a fitness testing session. Complete and test the plan</p> <p>LO4 Be able to deliver a fitness testing session. Complete thorough testing programme with client. Including, health consultation, health testing and comprehensive fitness testing regime</p>	<p>LO5 - Be able to prepare sports and activity environments</p> <p>LO6 - Be able to plan and deliver sports activity sessions</p> <p>LO7 - Be able to review sports and activity sessions</p>	<p>Students will all be working on their own individual, team and officiating assessment.</p> <p>LO3 assessment at Calvert trust will also be completed mid October.</p>	<p>risk of sports injuries</p>	<p>LO1 Be able to know the different factors that affect motivation for sport and exercise.</p> <p>LO2 Be able to understand attribution theory.</p> <p>LO2 - complete review.</p>
2	<p>LO5 Be able to interpret the results of fitness tests and provide feedback.</p> <p>LO2 Be able to complete a client health and fitness consultation. Complete review of LO2</p>	<p>Unit 8</p> <p>LO2 - Know the different roles and responsibilities involved in the planning and delivery of sports events.</p>	<p>Continuing collecting video evidence of various sports for assessment. Write up of LO3.</p>	<p>LO3- Be able to respond to acute injuries when they occur</p>	<p>LO3 Be able to understand the effects stress, anxiety and arousal in sport and exercise.</p> <p>LO4 Be able to understand the importance of team dynamics in sports and group exercise.</p>
3	<p>LO5 Design outline of training programme</p>	<p>LO3 - Be able to plan and promote a sports event</p> <p>LO4 - Be able to participate in the delivery of a sports event</p> <p>LO5 -Be able to review the planning and delivery of a sports event</p>	<p>Introduction of unit 11.</p> <p>LO2- The benefits and barriers to specific groups to be completed.</p> <p>LO3 The exercise referral introduced and started.</p>	<p>LO4- Be able to know the role of different agencies in the treatment and rehabilitation of sports injuries</p> <p>Complete first aid course.</p>	<p>Review LO4 work</p> <p>LO5 Be able to understand the psychological impact of sport and exercise on mental health and wellbeing.</p>

4	Moderation of the unit	<p>Check works is complete for Unit 2 and Unit 8.</p> <p>Resume HSLA Level 3 Qualification</p>	<p>LO3 reviewed</p> <p>LO1 The provision for specific groups to be completed.</p> <p>LO4- Planning activities to be completed alongside HSLA work with AMG.</p>	<p>LO5- Be able to plan a rehabilitation programme for a specific sports injury</p> <p>Moderation of the unit.</p>	
5	Support completion of other units	Compete HSLA evidence		Support completion of other units	
6	Moderation early in this term, date tbc				