

CAMBRIDGE TECHNICAL DIPLOMA IN SPORT AND PHYSICAL ACTIVITY

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| 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? | | |
| 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 | RPB 90 | 1 yr Exam |
| Unit 2 Sports coaching and activity leadership | AMG 90 | 1/2 yr C/work |
| Unit 3 Sports organisation and development | NCH 60 | 1st yr Exam |
| Unit 4 Working safely in sport, exercise, health and leisure | RPB 90 | 1st yr Exam- |
| Exam date TBC | | |
| Unit 5 Performance analysis in sport and exercise | TIR 60 | 1st yr C/work |
| Unit 8 Organisation of sports events | AMG 60 | 1/2yr C/work |
| Unit 11 Physical activities for specific groups | RW 30 | 2 yr C/work |
| Unit 13 Health and fitness testing for sport and exercise | RPB 60 | 2 yr C/work |
| Unit 17 Sports injuries and rehabilitation | TIR 60 | 2 yr C/work |
| Unit 18 Practical skills in Sport | RW 60 | 1 yr C/work |
| Unit 19 Sport and exercise psychology | NCH 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 | | | | |
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| | Teacher 1 RPB Unit 1 Body systems and the effects of physical activity Examined unit | Teacher 2 AMG Unit 2 Sports coaching and activity leadership Coursework | Teacher 3 NCH Unit 3 Sports organisation and development Examined unit | Teacher 4 RPB Unit 4 Working safely in sport, exercise, health and leisure Examined unit | Teacher 5 TIV Unit 5 Performance analysis in sport and exercise Coursework |

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| 1 | <p>LO1 Understand the skeletal system in relation to exercise and physical activity Internal assessment</p> <p>LO2 Understand the muscular system in relation to exercise and physical activity Internal assessment</p> | <p>LO1 Know the roles and responsibilities of sports coaches and activity leaders</p> | <p>LO1 Understand how sport in the UK is organised</p> | <p>LO1 Understand emergency procedures in sport, exercise, health and leisure</p> | <p>LO1 Understand performance profiling</p> |
| 2 | <p>LO3 Understand the cardiovascular system in relation to exercise and physical activity</p> <p>LO4 Understand the respiratory system in relation to exercise and physical activity</p> <p>LO5 Understand the different energy systems in relation to exercise and physical activity</p> <p>Exam prep</p> | <p>LO2 Understand principles which underpin coaching and leading</p> | <p>LO2 Understand sports development</p> | <p>LO2 Understand health and safety requirements in sport, exercise, health and leisure</p> | <p>LO2. Be able to carry out performance profiling</p> |

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| 3 | Exam prep External exam tbc | 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 | Mock Exams | | 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 |
| | | | External Exam tbc | | |
| 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 |