

# OCR Cambridge Technicals in Sport and Physical Activity



## Content

1080 Guided Learning Hours.  
Lessons: 4 in year 12 and 5 in year 13.  
Level 3 Extended Diploma.

### Year 12

**Students complete 8 units throughout Year 12 studying a variety of topics including:**  
Body systems and the effect of exercise,  
sports coaching and activities including sports  
organisation and development.

### Year 13

**Students follow a further 9 units including:**  
Biomechanics and movement analysis,  
nutrition and diet for sport and exercise and  
performance analysis in sport and exercise.

All assignments produced are marked internally and samples sent off to the exam board for external moderation. Work is awarded a Pass, Merit or Distinction, based on the criteria that is set by the exam board. The course is a mixture of theory and practical lessons. Some of the units are assessed through written exams.

Students are given the opportunity to take additional qualifications whilst studying this course. Eg, Coaching courses and First Aid.



### Where next .....

The OCR Cambridge Level 3 can be used to study further at Institutes of Higher Education.

### It is the equivalent to three full A Levels.

It is also useful if you are thinking about a job in the fitness and leisure industry or coaching sport.

## Course Requirement

BTEC or OCR Level 2 Merit in Sport or 5 in GCSE PE is desirable. You must have a keen interest in sport and a commitment to meet coursework deadlines.

## Course Leader

Mr C Lilley

**DERBY COUNTY**  
Community Trust

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Full-time College Football & Education Programme



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