

# OCR Cambridge Technicals in Sport and Physical Activity

## Introduction Sport and Physical Activity.

### Content

360 Guided Learning Hours

Lessons: 4 in year 12 and 5 in year 13.

#### Year 12

Level 3 Extended Certificate:

**Three Units:-**

##### **1 Body System and the effects of Physical Activity.**

This is assessed through a written exam.

##### **2 Sports Coaching and Activity Leadership.**

Assessed through coursework.

##### **3 Performance Analysis in Sport and Exercise.**

Assessed through coursework.

#### Year 13

**Two Units:-**

##### **1 Sports Organisation and Development.**

Assessed through a written exam.

##### **2 Practical Skills in Sport and Physical Activities.**

Externally assessed coursework.

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.



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 one full A Level and can be used alongside other Level 3 qualifications.

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



 **Friesland** 6<sup>TH</sup> FORM

ACHIEVING SUCCESS

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