



# Cambridge Technical Level 3 Diploma in Sport and Physical Activity – Double Award (OCR)

This option can only be taken in addition to the extended certificate in CTEC Sport and Physical Activity. This is an option for students who are aiming to focus on a wide range of sport related topics and are aiming for a pathway into a sports related degree and a career in the sports industry.

Students must be able to research and apply knowledge to various 'real life' scenarios, coach small groups and apply knowledge to examination based questions. The units completed in this option will combine with those from the extended certificate to provide a level 3 diploma (double award) in Sport and Physical Activity.

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## Qualities and qualifications needed

A keen interest in physical activity and sport is essential. Along with a high level of organisation and the ability to work independently to meet regular deadlines.

If students have studied PE/Sport/Health and Fitness at Key Stage 4 a grade 5/Merit grade is required.

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## How will the course be assessed?



**6 units, totalling 360 GLH.**  
(In addition to those completed in the extended diploma equating to 720 GLH)

Two units assessed via external examinations.  
Three-four assessed by internal assessment (completion of assignments).

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## Course content

### Likely units:

<b>Unit 4</b>	Working Safely in Sport, Exercise, Health and Leisure – External assessment (examination)
<b>Unit 5</b>	Performance Analysis in Sport and Exercise – Internal assessment
<b>Unit 8</b>	Organisation of Sports Events – Internal assessment
<b>Unit 11</b>	Physical Activity for Specific Groups – Internal assessment
<b>Unit 13</b>	Health and Fitness Testing for Sport and Exercise – Internal assessment
<b>Unit 18</b>	Practical Skills in Sport and Physical Activities – Internal assessment



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## Examinations

One examinations.



**Unit 4**  
1 hour 30 minutes

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## Methods of teaching and learning

Students will be taught key content and will have plenty of opportunity to apply knowledge to examination style questions and to practice examination technique.

Students will also be required to apply knowledge to scenarios working independently in assignments.

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