



2023-24 Course Details

# Cambridge Technical Level 3 Extended Certificate in Sport and Physical Activity (OCR)

**CTEC Sport and Physical Activity is a course which will enable you to focus on various aspects of sport, physical activity and the fitness industry.**

The course is aimed at individuals who are looking at careers in sport or the health and fitness industry. Students typically go on to study an aspect of Sport at University or enter an apprenticeship or employment in a sport or health and fitness related 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.

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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?



**5 units, totalling 360 GLH.**

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



## Course content

### Likely units:

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|----------------|---|
| <b>Unit 1</b>  | Body Systems and the Effects of Physical Activity – External assessment (examination) |
| <b>Unit 2</b>  | Sports Coaching and Activity Leadership – Internal assessment                         |
| <b>Unit 3</b>  | Sports Organisation and Development – External assessment (examination)               |
| <b>Unit 17</b> | Sports Injuries and Rehabilitation – Internal assessment                              |
| <b>Unit 19</b> | Sport and Exercise Psychology – Internal assessment                                   |



## Examinations

Two examinations.



**Unit 1**  
1 hour 30 minutes



**Unit 3**  
1 hour

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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.



There are many opportunities for pupils to learn about the wider world and to prepare for their next steps.

RP6<sup>TH</sup> student

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