

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/or 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.

Qualities and qualifications needed

A keen interest in physical activity and sport is essential, a long 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.

How will the course be assessed?



6 units, totalling 360 GLH (Guided Learning Hours).

(In addition to those completed in the extended diploma equating to 720 GLH)

One Unit is assessed via external examination.

Five units are assessed by internal assessment (completion of assignments).



Course Content

Likely units:

Unit 4

Working Safely in Sport, Exercise, Health and Leisure – External assessment (examination)

Unit 5

Performance Analysis in Sport and Exercise – Internal assessment

Unit 8

Organisation of Sports Events – Internal assessment

Unit 10

Biomechanics and Movement Analysis

Unit 11

Physical Activity for Specific Groups – Internal assessment

Unit 18

Practical Skills in Sport and Physical Activities – Internal assessment



Examinations

One examination:

Unit 4

1 hour 30 minutes

Methods of curriculum delivery

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

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