

The Vale Academy

Sixth Form

# OCR L3 Cambridge Technical Sport

## Cambridge Technical Diploma in Sport

In addition to the Technical Diploma in Sport we also offer the Extended Diploma (3 A levels) and the Extended Certificate (1 A Level) providing students with a choice of three Qualification

## What entry requirements do I need?

Sixth Form entry requirements will gain access to the course. A minimum of a Level 4 in GCSE Physical Education or a Merit in OCR National Level 2 Sport is a basic requirement. If a Physical Education or similar course has not been studied then a level 4 in English, Maths and a Science is a minimum requirement.

## How will I be assessed?

Every unit achieved will be graded as Pass, Merit, or Distinction.

Units 1, 3 and 4 are assessed externally through a single examination. Question papers consist of both short and long questions



## What will I learn on this course?

There are 5 units to complete for the extended certificate, 11 units that must be completed to achieve the Diploma in Sport and 17 units that must be completed to achieve the Extended Diploma.

### Year 1 Extended Certificate (1 A-Level)

- Unit 1: Body Systems and the effects of physical activity
- Unit 2: Sports Coaching and active leadership
- Unit 3: Sports Organisation and development
- Unit 17: Sports Injuries and rehabilitation
- Unit 18: Practical skills in Sports and Physical activity

### Diploma (2 A-Levels)

- Unit 4: Working safely in Sport, exercise, health and Leisure
- Unit 19: Sport and Exercise Psychology
- Unit 13: Health and Fitness testing for Sport and exercise
- Unit 5: Performance analysis in sport and exercise
- Unit 8: Organisation of Sports Events
- Unit 11: Physical activity for specific groups

## What kind of person studies this course?

Studying Sport will give you a fantastic insight into the amazing world of sports performance. Not only will you have the chance to perform or coach a sport through the non-exam assessment component.

## Where will a L 3 in Sport lead me?

You can progress onto a university degree or move into a range of careers within sport.

## Typical careers

- Teaching and education
- Fitness, training, strength and conditioning
- Research
- Performance analysis
- Diet and nutrition
- Sport psychology
- Sport management
- Sport development
- Professional coaching