

OCR Cambridge Technical Sport & Physical Education - **Diploma**

SPORT & PHYSICAL EDUCATION

This is a practical and work-related course. Students will gain an introduction to the knowledge and skills required in the sports industry. It is worth the equivalent of 2 A Levels.

FUTURE OPPORTUNITIES

The Cambridge Technical Extended Certificate and Diploma provide an excellent grounding for further study at higher education levels. A wide range of university courses such as; Sports Science, Physiotherapy, Teaching, Sports Psychology, Sport & Leisure Management, Nutrition, Marketing, Technology and Media. The course provides a work-related programme of study so you could go straight into a job as it helps you develop the skills, understanding and knowledge that many employers are looking for, especially in the sport and exercise sector.

ENTRY REQUIREMENTS

GCSE:

Grade 5 in GCSE PE or at least a Pass in any other vocational sports course. GCSE Maths & English grade 5

CONTACT:

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COURSE CONTENT & ASSESSMENT

You will gain a deeper understanding of anatomy and physiology, fitness and how to deliver sport and physical activity.

The course is made up of 11 units, 3 units are externally assessed and 8 internally assessed. Each internally assessed unit consists of practical assignments graded Pass, Merit or Distinction. An overall grade of Pass (E at A Level) Merit (C at A Level) or Distinction (A at A Level) is calculated from the grades obtained in each unit. Assessment is ongoing, including practical skills and performance. The units you will cover are:

- **Unit 1:** Body Systems and the Effects of Physical Activity
- **Unit 2:** Sports Coaching and Activity Leadership
- **Unit 3:** Sports Organisation and Development
- **Unit 4:** Working safe in sport
- **Unit 5:** Performance Analysis
- **Unit 8:** Organisation of Sports Events
- **Unit 10:** Biomechanics
- **Unit 11:** Exercise for specific groups
- **Unit 17:** Sports injuries and rehabilitation
- **Unit 18:** Practical skills in sport & physical activities

EXAMINATIONS Year 12

- **Unit 1, Unit 3 and Unit 4 Exam**
- **Practical assessment and written coursework**

EXAMINATIONS Year 13

- **Practical assessment and written coursework**