

Level 3 Sport & Physical Activity

OCR Cambridge Technical – Extended Certificate



“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”

John F. Kennedy

This qualification is not just about being able to play sport or deal with elite athletes. Employers need people who are able to lead sports and physical activities safely, work with the general public in providing sport and physical activity opportunities and help to promote physically active lifestyles.

Therefore, this qualification will provide learners with the skills, knowledge and understanding to progress into employment in the sport and physical activity sector, either through an apprenticeship or directly into work.

If you want to take your studies even further University courses such as Sport Coaching and Psychology, Sports and Exercise Science, or applied anatomy.

What you will learn:

Extended Certificate – Single

- Body systems and the effects of physical activity (exam) 90GLH.
- Sports coaching and activity leadership 90GLH
- Sports organisation and development (exam) 60 GLH
- Practical skills in sport and Physical Activity 60 GLH
- Sports Injuries and Rehabilitation

What you will need to get started:

Students need an entry requirement of at least grade 4/pass in Examination Sport and a minimum of grade 4 in English. Dedication towards achievement is desirable. Excellent attendance is essential. Students must be willing to perform practically throughout the course as this will be assessed in various units.

What our students say:

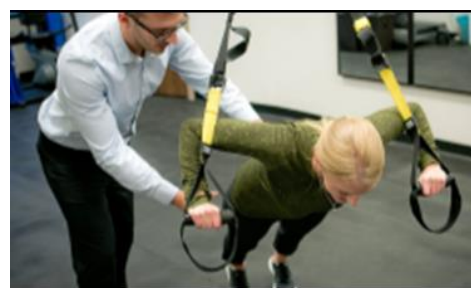
“I really enjoy the range of units that the course offers. It provides a wider opportunity to access the sports industry in an array of jobs and roles.

There is a great mix of theory and practical elements provided to support all learning needs. I feel it has prepared me well for further education or working in the sports industry.”

Connie, Year 13

Cam Tech Sport achievements

Throughout the years Sport has been a highly successful department which was emulated again last year by achieving 100% Distinction*-Distinction pass rate. Staff work with students throughout the two years to ensure they are on path to their preferred further educational choice to try and ensure students are on course to achieve this. We have had student be successful selected to high performing Sports Universities as well as achieving highest level apprenticeships. We look forward to work with yourself next year.



What next?

This qualification can lead to Advanced Level apprenticeships in Coaching, Leisure Management and Exercise and Fitness or to job roles such as Fitness Instructor, Activity Leader or a Leisure/Recreation Assistant. It could also provide a route into Higher Education on a sport-related programme such as Sport and Physical Education, Sport Science, Sport Coaching and Development or Sport and Leisure Management.

... pursuing excellence