

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

Curriculum Content

Half Term	Year 12		Year 13		
	Unit 1 Body Systems and the Effects of Physical Activity	Unit 2 Sports Coaching and Activity Leadership	Unit 3 Sports Organisation and Development	Unit 8 Organisation of Sports Events	Unit 17 Sports Injuries and Rehabilitation
Autumn 1	<p>Understand the skeletal system in relation to exercise and physical activity</p> <p>Understand the muscular system in relation to exercise and physical activity</p> <p>Understand the muscular system in relation to exercise and physical activity</p>	<p>Know the roles and responsibilities of sports coaches and activity leaders</p> <p>Understand principles which underpin coaching and leading</p> <p>Assignment 1.</p>	<p>Understand how sport in the UK is organised</p> <p>Understand sports development</p> <p>Understand how the impact of sports development can be measure</p> <p>Understand sports development in practice</p>	<p>Know different types of sports events and their purpose</p> <p>Assignment 1.</p> <p>Know the different roles and responsibilities involved in the planning and delivery of sports events</p> <p>Assignment 2.</p>	
Autumn 2	<p>Understand the respiratory system in relation to exercise and physical activity</p> <p>Understand the different energy systems in relation to exercise and physical activity</p>	<p>Be able to plan sports and activity sessions</p> <p>Assignment 2.</p>		<p>Be able to plan and promote a sports event</p> <p>Be able to participate in the delivery of a sports event</p> <p>Assignment 3.</p>	
Spring 1	<p>January exam series</p>	<p>Be able to prepare sports and activity environments</p>	<p>January exam series</p>	<p>Be able to review the planning and delivery of a sports event</p>	<p>Know common sports injuries and their effects</p>

		<p>Be able to deliver sports and activity sessions</p> <p>Be able to review sports and activity sessions</p> <p>Assignment 3.</p>		<p>Assignment 4</p>	<p>Be able to minimise the risk of sports injuries</p> <p>Assignment 1.</p> <p>Be able to respond to acute sports injuries when they occur</p> <p>Know the role of different agencies in the treatment and rehabilitation of sports injuries</p> <p>Assignment 2.</p>
Spring 2					<p>Be able to plan a rehabilitation programme for a specific sports injury</p> <p>Assignment 3.</p>
Summer 1		<p>Be able to use methods to improve skills, techniques and tactics in sport</p>			<p>Review and catch up.</p>
Summer 2		<p>Assignment 4.</p>			

Skills

This subject will equip learners with both a depth and breadth of knowledge, understanding and essential skills required for gaining employment or to go on to an undergraduate degree or other higher education course. This requires them to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- understand how **physiological** and **psychological** states affect performance
- understand **leadership** and its role in sport
- refine their ability to **perform** effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- develop their ability to **analyse and evaluate** to improve performance
- understand the contribution which physical activity makes to health and fitness
- improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds
- Develop English, Mathematics and ICT skills

Assessment

The course comprises of three core units and two optional units which may be studied over two years. There are two externally set and moderated exams and three coursework based units. Each unit is graded as a Pass, Merit or a Distinction.

Core mandatory units are:

- Body Systems and the Effects of Physical Activity
- Sports Coaching and Activity Leadership
- Sports Organisation and Development

We currently deliver the following optional units:

- Organisation of Sports Events
- Sports Injuries and Rehabilitation

<https://www.ocr.org.uk/qualifications/cambridge-technical/sport-and-physical-activity/#level-3>