

# Sport

### General Course Information

- Year 12: Level 3 Cambridge Technical Certificate in Sport and Physical Activity (1 AS Level)
- Year 13: Level 3 Cambridge Technical Extended Certificate in Sport and Physical Activity (1 A Level)

The Cambridge Technical in Sport and Physical Activity's aim is to develop students' knowledge, understanding and skills of the principles of Sport and Physical Activity.

#### Year 12

##### Mandatory Units:

- Unit 1 – Body Systems and the Effects of Physical Activity
- Unit 2 – Sports Coaching and Activity Leadership

#### Year 13

##### Mandatory Unit:

- Unit 3 – Sports Organisation and Development

##### Additional Units:

- Unit 17 – Sports Injury and Rehabilitation
- Units 19 – Sport and Exercise Psychology

### How is the course assessed?

- Unit 1 is externally assessed through a 1 hour 30 minute, 70 marks exam
- Unit 3 is externally assessed through a 1 hour, 60 marks exam
- Units 2,5 & 18 are internally assessed using specified grading criteria

A wide range of centre assessed units with practical and wider project-based assessment as well as examined units on the body systems and the long and short term impacts of sport and physical activity; how sport is organised and the purpose of sports development; and how businesses in sport are organised and what success looks like to them.

Students will practically apply their skills and knowledge in preparation for further study or the workplace.

There is also the opportunity to gain an additional qualification: Level 2 Qualification in Sports Leadership.

### Who's it for?

You should give this course serious consideration if:

- You have an enjoyment of and an interest in sport
- You are interested in the human body and how it is affected by sport
- You are thinking of a career in the sport or leisure industry
- You are self motivated and driven to work individually and within a team
- You have a desire to inspire and lead others to be fit and active in sport
- You enjoy working with members of the community e.g. primary schools
- You want to achieve excellence in your own sporting performance
- You are prepared to conduct independent research using a range of resources

N.B. Previous study of the subject (GCSE P.E./BTEC Sport Level 2) and a strong grounding in Science is essential.

### Progression

By obtaining a Cambridge Technical in Sport and Physical Activity you would have gained the essential skills to go into any of the following career pathways; Coaching, Teaching and Instructing; Instructing Physical Activity and Exercise; Achieving Excellence in Sports Performance; Leisure Management; Sports Development; Armed Forces; Emergency Services; Outdoor Education, Development Training or Recreation.

