

SPORT

Level 3 CAMBRIDGE TECHNICALS (Diploma)

COURSE CONTENT

In total the pupils will complete 11 units over 2 years, 3 of these units are externally assessed through an exam.

The remaining 8 units are internally assessed through coursework assignments. The 11 units can be seen below:

UNIT 1: Body Systems & the Effects of Physical Activity (EXAM)

UNIT 2: Sports Coaching and Activity

UNIT 3: Sports Organisation and development

Leadership (EXAM)

UNIT 4: Working Safely in Sport (EXAM)

UNIT 5: Performance analysis in Sport & Exercise.

UNIT 8: Organisation of Sports Event

UNIT 11: Physical Activity for Specific Groups

UNIT 13: Health & Fitness Testing for Sport and Exercise

UNIT 17: Sports Injuries and Rehabilitation

UNIT 18: Practical Skills in Sport and Physical Activity

UNIT 19: Sport and exercise Psychology

ASSESSMENT CRITERIA

The course is designed to develop a range of skills and techniques, personal qualities and attitudes essential for career development in sport specific employment or higher education.

The course will be delivered via theory and practical sessions. There are 3 examinable units on this course and should you need it you can take the exams up to 3 times.

EXTRA-CURRICULAR OR ENRICHMENT OPPORTUNITIES

Throughout the course, you will have the opportunity to undertake a variety of sports coaching qualifications, sports leader awards, residential experiences and a range of practical activities. There is an expectation that you are a keen sportsperson and willing to engage in physical activity throughout the course.

FUTURE OPPORTUNITIES

Your Cambridge Technicals grade is converted directly to UCAS points in the same way as A Level qualifications. Previous students have gained places on degree courses in Sport Science, Physical Education (QTS), Sports Injury Management, Sports Therapy, Sports Nutrition and many other sports related degrees. Other students choose to enter into full time employment in the sports industry.

PRIOR KNOWLEDGE

Desirable: A GCSE grade 5 or above in English, Maths and Science.

Essential: There is an expectation that you are a keen sportsperson and willing to engage in physical activity throughout the course.

