

Physical Education - OCR Cambridge Technical Sport & Physical Education - Extended Certificate

This is a practical and work-related course. Students will gain an introduction to the knowledge and skills required in the sports industry.

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 5 units, 2 units are externally assessed and 3 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 - The structures and functions of the key body systems, how these support and impact performance in sport and physical activity, and the effects that physical activity can have.

Unit 2: Sports Coaching and Activity Leadership - The roles and responsibilities of coaches, developing coaching skills, planning, and delivering a series of sports or activity sessions and using feedback to improve future coaching or activity leadership.

Unit 3: Sports Organisation and Development - The organisations involved in sport in the UK, their roles and responsibilities and how they work together. They will also cover sports development, who gets targeted, why it is carried out and how success can be measured.

Unit 17: Sports Injuries & Rehabilitation – Recognise & treat common sports injuries through rehab programmes. Understand how to minimise risk of sports injuries occurring.

Unit 18: Practical skills in sport & physical activities – Participate in a number of different sports and outdoor and adventurous 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

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