

Cambridge Technical in Sport and Physical Activity FAQs



What is the study of sport and physical activity?

The qualification aims to develop students' knowledge, understanding and skills of the principles of Sport and Physical Activity. Students will gain an insight into the sector as they investigate opportunities for delivering sport and physical activity to a wide range of participants, whether it is to mobilise sedentary people to improve their health and wellbeing or to support regular participants to improve their performance and fitness, all done in a safe and professional environment. In doing so, students will also gain core skills required for employment or further study in the sector such as communication, analysis, organisation and adaptation. Designed in collaboration with experts spanning the breadth of the sector, the Level 3 Cambridge Technicals in Sport and Physical Activity focus on the requirements that today's universities and employers demand.

What topics do you study?

Year 1

Topic area	Areas explored
Body Systems and the Effects of Physical Activity	In this unit students will gain an understanding of 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, training and lifestyle can have on them.
Sports Coaching and Activity Leadership	The main part of the unit is related to students developing the skills and understanding necessary to effectively plan and deliver a series of sports or activity sessions, reflecting on their own practice and using this feedback to improve their performance as a sports coach or activity leader.

Year 2

Topic area	Areas explored
Sports Organisation and Development	In this unit students will gain an understanding of the organisations involved in sport in the UK, their roles and responsibilities and how they work together. They will also gain an understanding of sports development including the organisations involved, who sports development is targeted at, why sports development is carried out and how the success of sports development initiatives can be measured.
Organisation of Sports Events	This unit is designed for your students to develop skills in planning, promoting and delivering a sports event; with a focus primarily on their individual role, as well as working as part of a team and reflecting on their input and future personal development.
Sport and Exercise Psychology	In this unit your students will learn different motivations that people have for participating in sport and physical activity and how performance can be managed through an understanding of attribution theory, stress and group dynamics.

What is the exam board?

The exam board is OCR

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

How many exams are there?

There is one exam at the end of year 12 out of 70 marks, lasting 90 minutes which covers the body systems unit and one exam at the end of year 13 out of 60 marks, lasting 60 minutes which covers sports organisation and development. Each of these exams counts for 20% of the final grade to make 40% non coursework assessment.

What type of questions are in the exam?

There is a mixture of short answer questions and extended essay questions. There are a range of mark questions included in the exam, the largest number of marks for any one question is 10 marks for an essay question.

Is there any coursework?

Yes, this is the main difference between this course and the A level PE course. 60% of your final grade will be assessed as a NEA (Non Examination Assessment). This is made up of three units that are covered over the 2 years. So the majority of this course is coursework based taking the pressure of the exams.

Do I need to be good at playing sport to do this course?

No, you are not assessed on your practical playing ability on this course therefore you do not need to be playing sport in or outside of school. Obviously an interest in sport is required to be successful in the units. In the sports coaching module you will study the skills of being a coach, then get a chance to practice with your peers before taking a small number of younger students for a coaching session in a sport of your choice.

What do those who study sport and physical activity go on to do?

This course is an excellent base for a university degree in sports management, healthcare, or exercise and health. It can also complement further study in biology, human biology, psychology, sociology and many more.

Sport and physical activity can open up a range of career opportunities including: sports development, sports coaching, personal training or becoming one of the next generation of PE teachers. The transferable skills you learn through your study, such as decision making and independent thinking are also useful in any career path you choose to take. It is wise to call the admissions office at a university if you are considering a specific course in the future. They will be able to tell you whether or not they accept certain subject combinations if you apply.

Is sport and physical activity easy?

No, I would suggest that there are no easy courses at level 3 in the sixth form. The course is a mixture of exams and coursework which means you need an ability to be successful in both elements. However if you are considering going on to university then this is exactly what you will find there and therefore this course does set you up very well to be able to cope with that.

Are there practical lessons on the course?

Although from time to time we will programme in some practical sessions to help develop your understanding of specific topics, this is not a practical course. You should choose this course because you have an interest in studying everything involved in sport rather than just because you enjoy playing it.

Do I need to have studied physical education before?

Although it will certainly be a benefit if you have studied physical education at GCSE or Cambridge National level it is not essential. Subjects are discreet and can be learned from scratch with extra time and effort.

Are there other subjects that would be suitable to study alongside physical education?

The students that take Sport and Physical activity generally fall into two categories. The first are students interested in the types of careers listed above (sports development, sports coaching, personal training or PE teaching) and the second are students who recognise that the subject is an area of interest. For these students they may be pursuing a non sport related career path but they recognise that this subject carries exactly the same number of UCAS points as any other A level. They therefore decide to pick a subject that they think they will find interesting and therefore be more engaged with.

Should I choose Sport and Physical activity or A level Physical education?

If you are a strong practical performer in your sport then A level PE can be considered. If you prefer to only have 40% of your grade determined by an exam, rather than 70%, then Sport and Physical activity would be the better choice for you. The A level PE exam papers are more challenging because of the large subject content covered.

Can I get in touch if I have any other questions?

Of course, my email address is acampbell@plymstockschool.org.uk