

# Sport & Physical Activity

## Cambridge Technical Single Award Extended Certificate

Examination Board: OCR

### Staff Lead

A Campbell, BA (Hons), PGCE KS5 Manager

### Why Study Sport & Physical Activity?

This Cambridge Technical qualification will develop a number of skills due to the diverse nature of the course. It will strengthen your independent learning, organisation and time management skills when undertaking the three coursework modules. This discipline is essential when moving onto university as many of the undergraduate assignments will be in this format. At the end of two years you will not only be able to research subject areas effectively but also be able to synthesise information and present it in a range of methods to communicate your ideas. These skills are developed simultaneously alongside revision and exam technique to tackle the body systems and sports organisation exam units.

This is a vocational style of course which does not have a practical performance element but does allow for practical

based activity within each of the units. This is a 50% examination course equivalent to one A level. It is assessed in the form of coursework and exam which is graded at either pass (A level grade E), Merit (A level grade C) or Distinction (A level grade A).

### Career Paths & Degree Courses

A qualification in Sport and Physical Activity has the same UCAS points tariff as all other A Levels. It may therefore be studied as part of a student's wider A Level programme or because there is an interest in a sport related career. The course provides a useful foundation for degree courses in a wide variety of subjects including: Sports Sciences, Sports management, Sports Coaching or Teaching, Leisure and Recreation, Sports Development and Sports Administration.

### Requirements

At least five 9-4 grades at GCSE, with a minimum average grade score of 4.5. A qualification in PE is not a prerequisite.

Module	Content
<b>Body Systems and the Effects of Physical Activity (Examination)</b>	Know the body's response to acute exercise Know the long term effects of exercise on the body systems Be able to investigate the physiological effects of exercise on the body systems. Know the structure and function of the skeletal, muscular, cardiovascular and respiratory systems Know the different types of energy systems.
<b>Sports Coaching and Leadership (Coursework)</b>	Know the roles, responsibilities and skills of sports coaches Know the techniques used by coaches to improve the performance of athletes Be able to plan a sports coaching session Be able to deliver and review a sports coaching session.
<b>Sports Organisation and Development (Examination)</b>	The unit introduces learners to the diverse nature of sports development whilst exploring fundamental principles such as the sports development continuum and barriers to participation.
<b>Sport and Exercise Psychology (Coursework)</b>	The unit will see learners understand the different elements to sports psychology, the importance the role of sports psychology plays and how performance can be improved with its use. This will cover topics such as personality traits, motivation, stress and arousal.
<b>Organisation of Sports Events (Coursework)</b>	Organising sports events develops transferable skills and enables learners to work effectively in a team. The unit requires learners to deliver a sports event and consider promotional material and effective planning in making it a success, while reflecting on their role in the team.