

OCR Cambridge Technical Diploma in Sport and Physical Activity

(Equivalent to two A Levels)



Features of the Course:

An interest and practical competence in sport is essential as the course involves extensive application of sporting knowledge in theory as well as practical performance, although a high level of practical ability is not required. Excellent written and verbal communication skills are vital as is the motivation to research and work independently to specific deadlines.

Core Units

All 9 core units will be studied:

- Unit 1 – Body Systems and the effects of Physical Activity.
- Unit 2 – Sports Coaching and Activity Leadership.
- Unit 3 – Sports Organisation and Development.
- Unit 4 – Working Safely in Sport, Exercise, Health and Leisure.
- Unit 5 – Performance Analysis in Sport and Exercise.
- Unit 8 – Organisation of Sports Events.
- Unit 11 – Physical Activity for Specific Groups
- Unit 17 - Sports Injuries and Rehabilitation.
- Unit 18 – Practical Skills in Sport and Physical Activities.

Specialist Units*

2 additional units will also be studied

- Unit 13- Health & Fitness Testing for Sport and Exercise.
- Unit 19 – Sport and Exercise Psychology.

*Subject to change

Methods of Assessment:

There are 3 externally assessed units students complete throughout the 2 years. The styles of external assessment include both examinations and externally set assignment tasks.

External Written Examinations:

- Unit 1 – Body Systems and the effects of Physical Activity.
- Unit 3 – Sports Organisation and Development.
- Unit 4 – Working Safely in Sport, Exercise, Health and Leisure.

The remaining 8 units will be assessed continually throughout the 2 years through a combination of assignments, scientific reports and work related assignments. Students will be required to complete written reports, produce posters and deliver presentations. Each of these units will be awarded a grade of Pass, Merit or Distinction.

