# OCR Cambridge Technical Extended Diploma in Sport and Physical Activity
## (Equivalent to three A Levels)

## Course Description:
This vocational course is aimed at those who wish to enter the dynamic area of sports specific employment. There is a core of science-based modules specific to sport and exercise which is complemented with exercise and practical sports modules. This is the largest qualification in the suite of Cambridge Technicals in Sport and Physical Activity and is equivalent to three A Levels.

## Qualifications Required:
Grade 4 in Maths, Grade 4 in English Language and 2 sciences as well as either GCSE PE Grade 4 or CNAT Level 2 Sport based course as strong pass.

## Aims of the Course:
To develop in-depth knowledge of Sport and Physical Activity whilst developing understanding and skills that underpins the sport and exercise science sector. The course will also develop the transferable and higher order skills which are valued by higher education providers and employers.

## Future Prospects:
A CTEC Extended Diploma in Sport and Physical Activity will open doors to university study in fields such as sports science, sports marketing, physiotherapy, sports engineering, teaching and coaching to name a few. It is a nationally recognised qualification which will develop a range of skills and techniques, personal qualities and attitudes essential for career progression in the sport and exercise science sector. On successful completion, immediate employment may be sought in areas such as sports psychology, sports therapy, health and fitness industries, sports development, sports injuries clinics, coaching, or physiotherapy.

## Student Feedback:
‘The teachers are helpful and fair.’
‘You learn about behind the scenes aspects, such as management, injuries, diet and how the body works.’
‘You learn different skills: work is submitted in a variety of formats, from models to speeches, posters to booklets.’

## 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.

# CTEC Technical Extended Diploma in Sport and Exercise Science

## Core Units

**All 13 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 7 – Improving Fitness for Sport and Physical Activity.
- Unit 8 – Organisation of Sports Events.
- Unit 11 – Physical Activity for Specific Groups.
- Unit 12 – Nutrition and Diet for Sport and Exercise.
- Unit 14 – Working in Active Leisure Facilities.
- Unit 17 – Sports Injuries and Rehabilitation.
- Unit 18 – Practical Skills in Sport and Physical Activities.
- Unit 21 – The Business of Sport.

## Specialist Units*

**4 additional units will also be studied:**

- Unit 10 – Biomechanics and Movement Analysis.
- Unit 13 – Health & Fitness Testing for Sport and Exercise.
- Unit 19 – Sport and Exercise Psychology.
- Unit 20 – Sport and Exercise Sociology.

*Subject to change

## Methods of Assessment:

There are 4 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.
- Unit 21 – The Business of Sport.

The remaining 13 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.