

POST 16 SUBJECT OVERVIEW

Name of Subject - Cambridge Technical Diploma Level 3 Sport and Physical Activity

Which Examination Specification is Studied for this Course?

5829 - Sports Coaching 720glh

Why should I study this course? -

This is a vocational course. Vocational education is not just about results, it's about educating people in the knowledge and skills required for employment and for the community as a whole. It's also about developing the behaviours and attributes needed to progress and succeed in education and in work. In addition to completing the course, there will be opportunities to develop coaching qualifications and Sports Leadership. We are currently looking at developing overseas links and there may be the opportunity to complete a Level 3 coaching qualification in Malta.

Who is suitable to study this course? - Whilst it is preferable to have completed a Level 2 Sports qualification it is not mandatory. Anyone who has a keen interest in sport and the complex workings of the human body will find this course both stimulating and rewarding. It will provide an excellent base for progression to university, apprenticeships or work.

What GCSE Qualifications Support the Study of this Course?

The GCSE or equivalent courses that support this course are Sport and sciences (especially biology)

What are the Qualification Requirements for this Course?

A minimum of 5 GCSE including English and maths grades 4 or higher.

How is the Course Delivered? - Whilst this is a course based around sport, much of the content is classroom based. You will complete 12 units over 2 years, 3 of which will be externally examined. The remaining units will be coursework based and centre assessed and externally moderated. Units include anatomy and physiology, sports coaching, sports psychology and performance analysis. There will be ten hours of taught lessons per week with an expectation that dedicated independent study will support this. There is also an expectation that students will attend enrichment sessions each week. Practical lessons will support learning where appropriate.

Subject Overview	
Year 12	Year 13
Unit 1: Body systems and the effects of physical activity (external exam)	Unit 7: Improving fitness for sport and physical activity
Unit 2: Sports coaching and activity leadership (internal assessment)	Unit 8: Organisation of sports events
Unit 3: Sports organisation and development (external exam)	Unit 11: Exercise for specific groups
Unit 4: Working safely in sport, exercise, health and leisure (external exam)	Unit 13: Health and fitness testing for sport
Unit 5: Performance analysis in sport (internal assessment)	Unit 17: Sports injuries and rehabilitation
Unit 19: Sport and exercise Psychology	Unit 18: Practical skills in sport and physical activities

How is the Course Assessed?

There will be three external examinations with the first sitting in year 12 with one opportunity to re-sit each of these. The remaining units will be taught over the two year programme of study with final submission of all coursework units by May of year 13.

What is our Recommended Subject Reading list to Support your Study? www.ocr.org.uk (follow links to course outline)

Teachpe.com,

<https://www.visiblebody.com/>