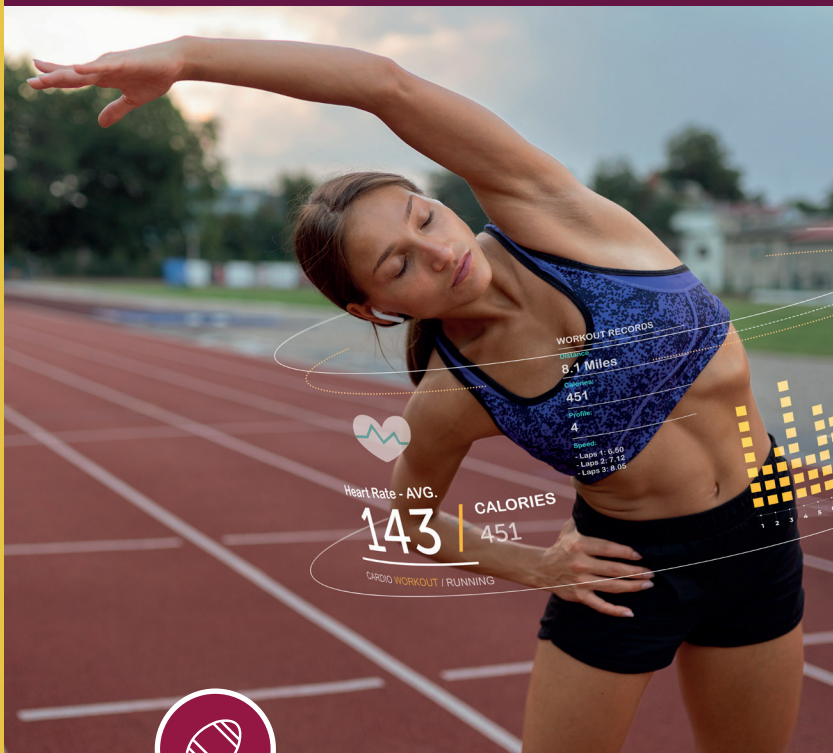


OCR Specification: 5827

Sport and Physical Ability

The Level 3 Cambridge Technical Extended Certificate in **Sport and Physical Activity** focuses on the requirements that today's universities and employers demand.

Students will practically apply their skills and knowledge in preparation for further study or the workplace.



“
Austin Friars exists to provide excellent education inspired by our Augustinian values.
”

Take the first step towards your child's post-16 journey: **scan the QR code** to request a prospectus or arrange a visit.



AUSTIN FRIARS

Course Overview:

The 2-year course encompasses 5 units, two of which are assessed by an externally set and marked exam and three are internally assessed and externally moderated. The course is largely practical and the assessment opportunities are diverse. Ranging from mock employment interviews and organising whole school sporting events to planning and delivering a series of PE lessons to younger students. Students receive a grade for each examined unit of either Near Pass, Pass, Merit or Distinction. For internally assessed units Pass, Merit or Distinction. For the overall grade students will be awarded a Pass, Merit, Distinction or Distinction*.

Entry Requirements:

Students would normally be expected to have successfully completed a GCSE in PE, but this may not exclude students who have not done so.

Universities and Careers:

CTECHs generate UCAS points in a similar way to A Levels as outlined in this document. Students will develop professional, personal and social skills through interaction with peers, stakeholders and clients, as well as theoretical knowledge and understanding to underpin these skills. These support the transferable skills required by universities and employers such as communication, problem solving, time management, research and analytical skills.

Scheme of Assessment:

Units	Name	Assessment
01	Body Systems and the Effects of Physical Activity	Exam
02	Sports Coaching and Leadership	Int. Assessment
03	Sports Organisation and Development	Exam
08	Organisation of Sports Events	Int. Assessment
18	Practical Skills in Sport and Physical Activities	Int. Assessment

Points per Unit	Near Pass	Pass	Merit	Distinction
Units 1 & 2	18	21	24	27
Units 3, 8, 18	12	14	16	18

Overall Grade	Pass	Merit	Distinction	Distinction*
	72-91	92-99	100-103	104 and above

Equivalent UCAS pts
+ A level grade

16 UCAS pts
= Grade E

32 UCAS pts
= Grade C

48 UCAS pts
= Grade A

56 UCAS pts
= Grade A*

Content:

Unit 01 (70 mark - 1 ½ hour exam)

- Bones, joints and muscles
- Cardiorespiratory system
- Energy systems and recovery

Unit 02 (Internally assessed – Plan, teach & review 6-week block of PE lessons)

- Role of a coach
- Leadership styles & group dynamics
- Skill classification
- Planning and risk assessments

Unit 03 (60 mark – 1-hour exam)

- Sporting organisations
- Sports development
- Target groups
- Measurement of sporting impact

Unit 08 (Internally assessed – Plan, deliver and review a whole school sport event)

- Types of event
- Roles
- How to plan and promote an event

Unit 18 (Internally assessed – Demonstrate proficiency in 4 activity areas)

- Individual activity/sport
- Team activity/sport
- Outdoor pursuits
- Officiating