

OCR Level 3 Cambridge Technical Certificate in Sport and Physical Activity - (601/7093/1)

Level 3 Cambridge Technical Certificate in Sport and Physical Activity: Subject Content

This course will use a combination of assessment styles to give students the confidence they can apply their knowledge to succeed in the workplace – and have the study skills to continue learning on higher education courses and throughout their career. This range of vocational assessments – both practical and written– mean students can showcase their learning and achievements to best effect when they take their next step, whether that's supporting applications to higher education courses or potential employers.

Level 3 Cambridge Technical Certificate in Sport and Physical Activity: How it's assessed?

What's assessed?

3 Mandatory Units

Total GLH: 360

- Body systems and the effects of physical activity (90GLH)
A written paper set and marked by OCR.
1 hour 30 minutes, 70 marks
Comprising of multiple choice, short answer questions and questions requiring more extended responses.
- Sports coaching and activity leadership (90GLH)
Assignment based
- Sports organisation and development (60GLH)
1 hour written paper set and marked by OCR
60 marks
Comprising of multiple choice, short answer questions and questions requiring more extended responses.
- Optional units- to total 120 GLH assignment based :
 - Performance analysis in sport and exercise
 - Organisation of sports events
 - Biomechanics and movement analysis
 - Physical activity for specific groups
 - Nutrition and diet for sport and exercise
 - Sports injuries and rehabilitation
 - Practical skills in sport and physical activities
 - Sport and exercise psychology
 - Sport and exercise sociology

OCR Level 3 Cambridge Technical Diploma in Sport and Physical Activity (601/7096/7)

Level 3 Cambridge Technical Diploma in Sport and Physical Activity: Subject Content

This course will use a combination of assessment styles to give students the confidence they can apply their knowledge to succeed in the workplace – and have the study skills to continue learning on higher education courses and throughout their career. This range of vocational assessments – both practical and written– mean students can showcase their learning and achievements to best effect when they take their next step, whether that's supporting applications to higher education courses or potential employers.

Level 3 Cambridge Technical Diploma in Sport and Physical Activity: How it's assessed?

What's assessed?

9 Mandatory Units for the Sports Coaching pathway

Total GLH: 720

- Body systems and the effects of physical activity (90GLH)
A written paper set and marked by OCR.
1 hour 30 minutes, 70 marks
Comprising of multiple choice, short answer questions and questions requiring more extended responses.
- Sports coaching and activity leadership (90GLH)
Assignment based
- Sports organisation and development (60GLH)
1 hour written paper set and marked by OCR
61 marks
Comprising of multiple choice, short answer questions and questions requiring more extended responses.
- Working safely in sport, exercise, health and leisure (90GLH)
A written paper set and marked by OCR.
1 hour 30 minutes, 70 marks
Comprising of multiple choice, short answer questions and questions requiring more extended responses.
- Physical activity for specific groups (30GLH)
Assignment based
- Performance analysis in sport and exercise (60GLH)
Assignment based
- Organisation of sports events (60GLH)

Assignment based

- Sports injuries and rehabilitation (60GLH)

Assignment based

- Practical skills in sport and physical activities (60GLH)

Assignment based

- Optional units- to total 120 GLH