

# CTECH Sport

(Extended Certificate or Diploma)

**EXAM BOARD** OCR Cambridge  
Technical

## COURSE CONTENT

Extended Certificate in Sport and Physical Activity; Learners must achieve a minimum of 360 guided learning hours.

Diploma in Sport and Physical Activity specialising in Sports Coaching; Learners must achieve a total of 720 guided learning hours.

## ASSESSMENT

Component	Assessment	Duration	GLH	Extended Certificate or Diploma
1. Body systems and the effects of physical activity	Written exam	1 1/2 hours	90	Extended Certificate and Diploma
2. Sports coaching and activity leadership	Internally assessed and externally moderated	NA	90	Extended Certificate and Diploma
3. Sports organisation and development	Written exam	1 1/2 hours	60	Extended Certificate and Diploma
4. Working safely in sport, exercise, health and leisure	Written exam	1 1/2 hours	90	Diploma
5. Performance analysis in sport exercise	Internally assessed and externally moderated	NA	60	Diploma
8. Organisation of sports events	Internally assessed and externally moderated	NA	60	Extended Certificate and Diploma

11. Physical activity for specific groups	Internally assessed and externally moderated	NA	30	Diploma
13. Health and fitness testing for sport and exercise	Internally assessed and externally moderated	NA	60	Diploma
17. Sports injuries and rehabilitation	Internally assessed and externally moderated	NA	60	Diploma
18. Practical skills in sport and physical activities	Internally assessed and externally moderated	NA	60	Extended Certificate and Diploma
19. Sport and exercise Psychology	Internally assessed and externally moderated	NA	60	Diploma

## CAREER OPPORTUNITIES

This qualification can lead to Advanced Level apprenticeships in Coaching, Leisure Management and Exercise and Fitness or to job roles such as Fitness Instructor, Activity Leader or a Leisure/Recreation Assistant.

It could also provide a route into Higher Education on a sport-related programme such as Policing, Sport and Physical Education, Sport Science, Sport Coaching and Development or Sport and Leisure Management.

