

Key Stage 5

OCR Cambridge Technical Level 3 Sport

Assessment Structure

Students will be assessed through two methods within both years of the course.

Internally assessed coursework - this will be completed through word documents, power points, witness statements, video recordings, session plans, observation records and presentations.

Externally assessed examinations - one examination will be sat in each year of the course.

Future Prospects from studying Sport

Studying sport can lead to a variety of careers which include:

P.E. teacher, fitness instructor, sports coach, physiotherapist, sports development officer, sports official, leisure centre manager, strength and conditioning coach, sports nutritionist, sports therapist, sports analyst, sports journalist and sport manager.

What aspects of sport will I study?

Extended Certificate – Single students – Only Units in the single column

Diploma – Double students – Units in the single and double columns

Extended Diploma – Triple students – Units in the single, double and triple columns

Extended Certificate Single	Diploma Double	Extended Diploma Triple
Year 12		
Unit 1 – Body systems and the effects of physical activities In this unit you will gain an understanding of the structures and functions of the key body systems, how these support and impact performance in	Unit 12 – Nutrition and diet for sport and exercise In this unit you will gain an understanding of what is meant by the term 'balanced diet' as well as the principles behind it, the relationship between	Unit 6 – Group exercise to music This unit will introduce you to the different types of group exercise that are available and how they can be enhanced by the use of music. You will then go on to plan and

<p>sport and physical activity and the effects that physical activity, training and lifestyle can have on them.</p>	<p>energy intake and energy expenditure and how this changes depending on the sport or physical activity taking place and the importance of hydration for performance.</p>	<p>deliver group exercise sessions considering participants' needs, health and safety and how to use music appropriately, as well as motivational and communication techniques used during sessions.</p>
<p>Unit 2 – Sports coaching and activity leadership</p> <p>This unit will give you an understanding behind the theory of what makes good sports coaches and activity leaders and methods that can be employed to improve the performance of participants. You will explore the roles and responsibilities of coaches and leaders and how these differ from each other and others involved in delivering and teaching sport and physical activity. The main part of the unit is related to you developing the skills and understanding necessary to effectively plan and deliver a series of sports or activity sessions reflecting on your own practice and using this feedback to improve your performance as a sports coach or activity leader.</p>	<p>Unit 3 – Sports organisation and development</p> <p>In this unit you will gain an understanding of the organisations involved in sport in the UK, their roles and responsibilities and how they work together. You will also gain an understanding of sports development, including the organisations involved, who sports development is targeted at and why, how sports development is carried out and how the success of sports development initiatives can be measured.</p>	<p>Unit 20 – Sport and exercise sociology</p> <p>This unit aims to apply the principles of sociology to sport to explain how sport is shaped by society and how, in turn, it impacts our behaviour and relationships</p>
	<p>Unit 8 – Organisation of sports events</p>	<p>Unit 7 – Improving fitness for sport and physical activity</p>

	<p>This unit is designed for you to develop skills in planning, promoting and delivering a sports event; with a focus primarily on your individual role as well as working as part of a team and reflecting on your input and future personal development.</p>	<p>This unit will teach you the components of fitness, methods of training the different components and the benefits of each of these methods.</p>
	<p>Unit 11 –Physical activity for specific groups</p> <p>This unit will allow you to develop a knowledge and understanding of the different groups of individuals who would benefit physiologically, psychologically and sociologically from participating in physical activity and why these particular groups are targeted by initiatives</p>	
<p>Year 13</p>		
<p>Unit 17 – Sports injury and rehabilitation</p> <p>This unit will teach you how to recognise and treat common sports injuries both immediately and through long-term rehabilitation programmes, the possible psychological impacts of sports injuries and how to minimise the risk of sports injuries occurring in the first instance.</p>	<p>Unit 13 – Health and fitness testing for sport and exercise</p> <p>In this unit you will learn a range of fitness tests, what they test and their advantages and disadvantages. You will learn how to complete client consultations which will give you the background knowledge you need about a client to be able to plan and deliver appropriate fitness tests.</p>	<p>Unit 21 – The business of sport</p> <p>In this unit you will learn about the structure and purpose of different sports businesses, who their customers are and how they use staff and volunteers to run their organisation and meet their goals. You will also learn about Corporate Social Responsibility and businesses obligations to the community and the environment.</p>

<p>Unit 19 – Sports and exercise psychology</p> <p>In this unit you will learn different motivations that people have for participating in sport and exercise and how performance can be managed through an understanding of attribution theory, stress and group dynamics. You will also learn the impacts that participation in sport and exercise can have on a person’s mental health and wellbeing, whether an elite performer or a member of the general public.</p>	<p>Unit 4 –Working safely in sport, exercise, health and leisure</p> <p>Throughout the unit you will gain an understanding of key safety requirements to be able to ensure your own, and your clients’ safety. Topics include: understanding key health and safety legislations, knowing how to administer emergency first aid, understanding roles, responsibilities and reporting duties in safeguarding children and vulnerable adults and finally, knowledge of key health and safety documents, including how to carry out risk assessments.</p>	<p>Unit 14 - Working in active leisure facilities</p> <p>In this unit you will conduct the day to day duties that are carried out within an active leisure environment such as cleaning and setting up and taking down equipment, ensuring it is fit for purpose.</p>
	<p>Unit 5 - Performance analysis in sport and exercise</p> <p>This unit will give you the skills and knowledge required to carry out performance profiling and analysis and deliver feedback to the performers in a manner that is suitable for them.</p>	

**Unit 18 - Practical skills
in sport and physical
activities**

This unit gives you the opportunity to participate in a number of different sports and outdoor and adventurous activities which allows you to experience first-hand situations that participants you may later be coaching or leading will come across.