



## Level 3 Extended Certificate in Sport & Physical Activity

Exam Board: OCR

Contact teacher: Mr R Bentley

### Why study Physical Education?

The Cambridge Technical course offers a great insight into sport and physical activity. You will explore and create a solid understanding of body systems and effects of physical activity, discovering how various systems work together to allow performers to take part in sport. This knowledge is then put into practice when learning about coaching and leadership. The mix of theory and practical ensures a suitable and appropriate blend, maximising learning of the fundamentals of sport.

### Course details

#### Year 12

Unit	Detail	Exam/assessment
3	Sports organisation and development	External coursework
2	Sports coaching and activity leadership	Internal coursework

#### Year 13

Unit	Detail	Exam/assessment
1	Body systems and the effects of physical activity	Exam
13	Health and fitness testing for sport and exercise	Internal coursework
19	Sport and exercise psychology	Internal coursework

### How is the course taught and assessed?

A mixture of exam, coursework and practical/coaching assessment. Lessons are a mixture of classroom theory and practical.

### Entry Requirements

Grade 4 or higher in GCSE PE, or a merit or higher in BTEC Sport and Cambridge National.

### Career routes and popular combinations

Students often go on to undertake sport courses at university such as Sports Science, Sports Development, PE teaching and Sports Physiotherapy.