

Sport & Physical Activity CTEC

Single, Double and Triple Award

The Level 3 Cambridge Technical in Sport and Physical Activity course is a qualification that combines both vocational based experience with academic studies which you will study for two years. Studying this stimulating and challenging course will not only lead you to an equivalent of 1, 2 or 3 A Levels in Cambridge Technical Sport, but it will allow learners to choose a pathway that reflects their career or academic aspirations. Studying Sport provides a sound basis for any work related employment, entry into the services or sports related degree courses including; fitness and coaching, sports science, teaching, and outdoor education.

As part of studying this course you would become a valued member of our sixth form sports academy which will allow you to leave with not just a Cambridge Technical in Sport and Physical Activity Award but also additional qualifications to develop your CV and help you develop lifelong employability skills.

Why do this course and why is different to other Sport courses?

- The course allows learners to choose a pathway that reflect their career or academic aspirations with the maximum qualification equating to three A Levels.
- Become part of our 6th Form Sports Academy, with these additional benefits:

Subsidised personalised PE Kit.

Enhanced enrichment opportunities to a variety of offsite leisure activities.

Gain additional sports based level 1 and young leader qualifications.

Gain additional basic first aid award including CPR.

Gain an additional **16 UCAS points** through completing Higher Sports Leaders Award.

- Students will gain and develop essential skills that are valued by employers and higher and further education institutions.

How will I be assessed on the course?

Students are assessed through a mixture of internally set assignments in the form of coursework, externally set exams and practical assessments in both performing and leading in sport.

All assessment criteria is based on the achievement of specified learning outcomes. Students' work is graded as Pass, Merit and Distinction for each unit. Students' grades are then equated to an overall grade of Pass, Merit, Distinction and Distinction* for the course. Students **MUST** pass the mandatory units to pass the course overall.

Where could this take you?

The Sports industry as a whole is a growing industry and forms a large part of our everyday lives from health and wellbeing to coaching and instruction. There are a vast range of career opportunities open to those with a background in Sports Studies. Sport is a beneficial subject when considering further study in any of the following career opportunities: Personal Fitness Instruction, Exercise Instructor to Music, Teaching and Coaching, Outdoor Adventure Instructor, Leisure industry and Sports Development, Armed and Emergency Services, Sports Therapy, and Physiotherapy.

Additional Professional Qualification

Students will also have the opportunity to gain the following;

- Level 3 Higher Sports Leaders Award – Additional 16 UCAS points.
- Basic/Level 1 First Aid
- Level 1 NGB and Young Leaders Awards
- Optional Duke of Edinburgh Award

Entry Requirements and Expectations

- Level 6 or above in GCSE PE or a Merit and above in Cambridge National or BTEC Level 2 Sport
- Level 5 and above in Science and Biology
- 5 GCSEs at Level 4 or above including English and Mathematics

SINGLE AWARD - Extended Certificate in Sport

5hrs Per Week equivalent to 1 A Level

Unit 1 - Body systems and the effects of physical activity*

Unit 2 - Sports Coaching and Activity Leadership

Unit 3 - Sports Organisation and Development*

Unit 18 - Practical Skills in Sport and Physical Activity

Unit 8 - Organisation of Sports Events

*Externally set exams

DOUBLE AWARD - Extended Certificate in Sport

10hrs Per Week equivalent to 2 A Levels

Unit 13 - Health and Fitness Testing for Sport

Unit 4 - Working Safely in Sport, Exercise, Health and Leisure*

Unit 5 - Performance Analysis in Sport and Exercise

Unit 11 - Physical Activity for Specific Groups

Unit 19 - Sports and Exercise Psychology

Unit 17 - Sports Injuries and Rehabilitation

PLUS ALL UNITS IN THE SINGLE AWARD

*Externally set exam

TRIPLE AWARD - Extended Certificate in Sport

15hrs Per Week equivalent to 3 A Levels

Unit 21 - The Business of Sport*

Unit 12 - Nutrition, Diet for Sport and Exercise

Unit 14 - Working in Active Leisure Facilities

Unit 20 - Sports and Exercise Sociology

Unit 7 - Improving Fitness for Sport and Physical Activity

Unit 6 - Group Exercise to Music

PLUS ALL UNITS IN THE SINGLE AND DOUBLE AWARDS

*Externally set exam