



St Paul's Catholic School Sport Science

Entry Requirements

Generic A-Level entry requirements plus GCSE PE at Grade 5 or above. If GCSE PE has not been taken at Key Stage 4 then a Grade 5 or above at Double Science is required.

Specifications for Cambridge Technical Sport and Physical Activity Level 3

UNIT 1: Body systems and the effects of physical activity

Guided learning hours: 90

Examination: 90 min externally set examination

Whether you are aiming to become a coach, nutritionist, personal trainer or leisure centre manager, knowledge of the human body, its systems and how they function will help you to ensure that your clients gain the benefits of an active, healthy lifestyle. By understanding the effects that physical activity, training and lifestyle can have on the body systems you can ensure that sports and activities are properly focused and do not risk a client's health or wellbeing and will help you to persuade others to pursue and maintain a balanced, active, healthy lifestyle.

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 sport and physical activity and the effects that physical activity, training and lifestyle can have on them.

The learner outcomes for this unit are:

1. Understand the skeletal system in relation to exercise and physical activity
2. Understand the muscular system in relation to exercise and physical activity
3. Understand the cardiovascular system in relation to exercise and physical activity
4. Understand the respiratory system in relation to exercise and physical activity
5. Understand the different energy systems in relation to exercise and physical activity

UNIT 2: Sports coaching and activity leadership

Guided learning hours: 90

Examination: Externally Set Coursework Assignment and Coaching Assessment

At some point throughout their lives everyone will have experienced being coached or taught about sport and physical activity. The importance of a high-quality coach or leader cannot be underestimated. The increasing demand for both young and old to learn and develop physical skills and sporting skills presents new and exciting opportunities for coaches, leaders and NGB's and, through coaching and leading, you can learn a set of skills such as communication and adaptability which will prove valuable in other aspects of your life, such as work and study. 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.

The learner outcomes for this unit are:

1. Know the roles and responsibilities of sports coaches and activity leaders
2. Understand principles which underpin coaching and leading
3. Be able to use methods to improve skills, techniques and tactics in sport
4. Be able to plan sports and activity sessions
5. Be able to deliver sports and activity sessions

UNIT 3: Sports organisation and development

Guided learning hours: 60

Examination: 60 min externally set examination

The organisation of sport in the UK can be quite complex with multiple agencies and organisations, both inside of and outside of the UK, working together at different levels on different agendas. One of the key areas which most, if not all, of the organisations involved in sport in the UK are concerned with is sports development and the increase of participation in sport and physical activity, both to improve the health of the nation but also to aid the development of elite athletes who can compete and achieve on an international level.

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.

1. The learner outcomes for this unit are:
2. Understand how sport in the UK is organised
3. Understand sports development
4. Understand how the impact of sports development can be measured
5. Understand sports development in practice

Further Optional Units

Further to the Mandatory Units, students will select a further two units to complete. The Physical Education Department would recommend Unit 5 Performance analysis in sport and exercise, Unit 18 Practical skills in sport and physical activities or Unit 8 Organisation of sports events. We will work with the class to select the best options that will aid them in their next pathway.

OCR Level 3 Cambridge Technical Extended Certificate in Sport and Physical Activity (360 GLH)

For this qualification, a learner must complete a minimum of 360 GLH. They must achieve the three mandatory units totalling 240 GLH and optional units totalling a minimum of 120 GLH.

Key to units for this qualification:

M = Mandatory	Learners must achieve these units
O = Optional	Learners must achieve units totalling a minimum of 120 GLH
E = External assessment	We set and mark the exam
I = Internal assessment	You assess this and we moderate it

Unit no.	Unit title	Unit ref. no. (URN)	How are they assessed?	Guided learning hours (GLH)	Mandatory or optional
1	Body systems and the effects of physical activity	K/507/4452	E	90	M
2	Sports coaching and activity leadership	M/507/4453	I	90	M
3	Sports organisation and development	T/507/4454	E	60	M
5	Performance analysis in sport and exercise	F/507/4456	I	60	O
8	Organisation of sports events	R/507/4459	I	60	O
10	Biomechanics and movement analysis	L/507/4461	I	60	O
11	Physical activity for specific groups	R/507/4462	I	30	O
12	Nutrition and diet for sport and exercise	Y/507/4463	I	30	O
17	Sports injuries and rehabilitation	T/507/4468	I	60	O
18	Practical skills in sport and physical activities	A/507/4469	I	60	O
19	Sport and exercise psychology	M/507/4470	I	60	O
20	Sport and exercise sociology	T/507/4471	I	60	O

Assessment of Cambridge Technical Sport and Physical Activity

Unit 1 90 mins Exam Paper

Unit 3 60 mins Exam Paper

Unit 2 Externally moderated Coursework

8 30 min coaching sessions

Mandatory Units Externally Moderated Coursework (x2)