



Wigston College

OCR Cambridge Technical Level 3 - Diploma in Sport & Physical Activity 2022 - 2023



Examination Board

OCR Cambridge and RSA Examinations

Entry Requirements

Level 2 Pass in Sport or GCSE PE Grade 4. If you have not studied this subject at GCSE you need to demonstrate proficiency in sport and GCSE Grade 4 in English Language or English Literature.

What will I be studying?

In the first year candidates will complete the following units:

Unit 1: Principles of Anatomy and Physiology: Students will explore the structure and function of the skeleton, the fundamentals of the energy systems and develop an understanding of how the human body works in sport. This unit is assessed via an examination at the end of the first year

Unit 2: Sports Coaching: Students will develop an understanding of what makes an effective coach. Students will produce coaching session plans and will deliver a series of lessons to students from KS3. The college works closely with Wigston academy so candidates will experience being in sole control of a Year7, 8 or 9 class that they have planned the sessions for. This unit is assessed via coursework and teacher assessments which are externally moderated.

Unit 8: Organising a Sports Event: In this unit students learn about the different types of sports events. The main focus is the students work together to arrange a sporting event.

Unit 18: Practical Skills in Sports and Physical Activity: Students are assessed in two different sports, one team sport and one individual sport. A component of this unit focuses on outdoor and adventurous activities and as such students are taught orienteering skills at Bradgate Park, and Rock-climbing, Abseiling and Kayaking at the Leicester Outdoor Pursuits Centre.

Unit 19: Sport and Exercise Psychology: In this unit students learn about the psychological factors affecting performance.

In the second year candidates will complete the following units:

Unit 3: Sport Organisation and Development: In this unit candidates understand sports development in practice; they learn how sport is structured within the UK and also what the major organisations such as Sport England and UK sport do.

Unit 4: Working Safely in Sport and Exercise: In this unit students learn about all aspects of safety within sport. This unit involves a visit to the Leicester Tigers Stadium to understand the safety considerations within professional sport

Unit 5: Performance Analysis in Sports and Exercise: In this unit students will be able to carry out performance profiling, and be able to give feedback on sports performance to a peer or sports team.

Unit 11: Physical Activity for Specific Groups: In this unit students understand different groups of people who participate in sport, and are able to identify some of the barriers they face.

Unit 13: Health and Fitness Testing: In this unit students discover the different components of health and fitness and how they are tested. Students practically assess their peers and are taught how to offer them feedback. This unit involves working with the Everyone active Gym.

Unit 17: Sports injuries and Rehabilitation: In this unit students are taught about common sports injuries and their effects. Students will also be able to respond to acute sports injuries when they occur. Within this unit students also complete a Nationally recognised first aid certificate, known as the Appointed Persons First Aid Certificate, which is valid for three years at the point of completion.

How will I be studying?

This is a two-year course that is the equivalent to **two** A-Levels. On successful completion of the course, students will achieve UCAS points comparable to completing 2 A-levels (grade dependent). The course is structured to be assessed in different ways, with units being assessed through examination and through completion of coursework. As this is a vocational qualification, where possible teaching and assessment is completed through practical activities. The students choosing to follow the Diploma course will do the same units as outlined as the certificate, with six additional units.

How will I be assessed?

The Diploma in Sport and Physical Activity course is assessed via an exam for the Anatomy and Physiology unit, Sports Organisation unit, and the Working Safely in sport unit. The other eight units are all assessed via externally verified coursework.

Where Next?

All universities and degree awarding institutions recognise the OCR Extended Certificate in Sport and Physical Activity as a valid qualification. We consistently have students who complete the course to go onto university to study a sports based degree. Other students seek employment on completion of the course and we traditionally have students work as sports coaches, gym/fitness instructors, Sport Development Officers and sports administration workers.