



Wigston College

OCR Cambridge Technical Level 3 – Extended Certificate 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.

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 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 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 one A-Level. On successful completion of the course, students will achieve UCAS points comparable to completing 1 A-level (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.

How will I be assessed?

The Extended Certificate in Sport and Physical Activity course is predominantly assessed via externally moderated coursework. Two of the units are assessed via an examination.

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.