

Sport & Physical Activity

Course overview

The qualification aims to develop students' knowledge, understanding and skills of the principles of Sport and Physical Activity. Students will gain an insight into the sector as they investigate opportunities for delivering sport and physical activity to a wide range of participants, whether it is to mobilise sedentary people to improve their health and wellbeing or to support regular participants to improve their performance and fitness, all done in a safe and professional environment. In doing so, students will also gain core skills required for employment or further study in the sector such as communication, analysis, organisation and adaptation.

Exam / Coursework

3 mandatory units and 2 optional units make up this course.

Qualification gained

Cambridge Technical Level 3 Extended Certificate in Sport and Physical Activity.

OCR - www.ocr.org.uk

Entry requirements

5 GCSE's at grade 4 or above. A P.E. or sports qualification at level 2 is also desirable but not a must. A passion for the subject.

Career opportunities

Studying this course can lead to a variety of pathways including further education at university or moving on to an apprenticeship. This course can also lead to a variety of jobs in the sector including personal trainer, sports physiotherapist, sports coach, and athlete to name a few.

