

# Cambridge Technical Course 2024

## Sport & Physical Activity

Foundation Diploma (Single) or  
Diploma (Double)



## Entry Requirements

### Minimum:

Standard Entry Requirements:  
5 GCSE's at a grade 4 or above and a Level 2 Pass in Sport Studies.

### What will you learn:

This two year course consists of 8 or 11 units depending on whether you choose the Foundation Diploma (Single) or Diploma (Double). Three of the units are mandatory examined units for both and then you will have 5 or 8 further optional units. Students will study units from the following list (externally examined units are in bold):

- **Body Systems and the Effects of Physical Activity**
- Sports Coaching and Activity Leadership
- **Sports Organisation and Development**
- Nutrition and Diet for Sport and Exercise
- Practical Skills in Sport and Physical Activities
- Physical Activity for Specific Groups
- **Working Safely in Sport, Exercise, Health and Leisure**
- Organisation of Sports Events
- Group exercise to music
- Sports Injuries and Rehabilitation
- Health and Fitness Testing for Sport and Exercise

### Elements of the course:

The course is delivered through interactive lessons, workshops, practical's and work with guest speakers. Students will be taught much of the theory through a practical context and will have the opportunity to engage and work with professionals from the sports sector.

### Where could it take me?

Students may choose Higher Education or a route straight into the Health, Fitness and Leisure Industry. Students who have completed this course have gone on to study in the following fields: Sports Physiotherapy; Sports Media; Sports Marketing; Sports teaching or coaching; Sports Journalism; Personal Training.

### Assessment:

The Sport L3 Foundation Diploma (single option) is examined in three units and then five additional units for the Foundation Diploma.

The Sport L3 Diploma (double option) is examined in three units with eight additional units for the Diploma.

### Special Requirements:

Students should be able to provide evidence that they are competing or participating regularly in their chosen sport or be engaging in an active and healthy lifestyle.