



## Level 3 Cambridge Technical in Sport & Physical Activity

### What you will learn:

This two year course consists of twelve units, nine of which are mandatory and three optional. Students may study the following units:

#### Year 1

- \*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

#### Year 2

- \*Working Safely in Sport, Exercise, Health and Leisure
- \*Performance Analysis in Sport and Exercise
- \*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:

Three of the units are assessed externally by means of a written examination or externally assessed coursework. The remaining nine units are internally set and assessed through coursework, written reports, presentations and practical tasks. Students will need to successfully complete year 1 in order to progress onto year 2. The Level 3 Technical Diploma in Sport is broadly equivalent to two A Levels.

## Entry Requirements

### Minimum Required:

Grade 4 or above in GCSE Physical Education or a L2 Pass or above in BTEC Level 2 First Award Sport. **Standard Sixth Form entry requirements.**

### Preferred Requirements:

Grade 5 or above in English Language, Science and Maths

### 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.