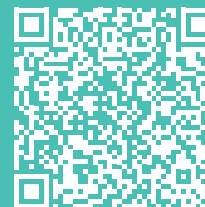


Level 3 Sports Performance and Fitness Instructing OCR (Cambridge Technical)

Find out more



MODULAR

Why study CT PE

Sport is now such a huge industry that there are numerous university courses and employment opportunities including: Coaching, biomechanics, sports rehabilitation, health and fitness, officiating, sports technology, sports management and strength and conditioning. Apprenticeships also are available in several sectors including school sports assistants, sports coaches and fitness instructors. This course is designed to give students the entry requirements to get into university, as well as gaining the skills for employment or apprenticeships.

About The Course

This is a two-year course that covers a wide range of topics areas which will enable students to get a holistic understanding of the sports industry. This is a unique course allowing students to study sport in a full-time capacity. At the end of the two years students will gain a Triple Award which is equivalent to three A Levels.

Year 12

Unit 1 – Anatomy and physiology – 1.5hr Exam
Unit 2 – Sports coaching – Coursework
Unit 3 – Sport organisations and development – 1hr Exam
Unit 4 – Working safely in sport and leisure – 1.5hr Exam
Unit 8 – Organisation of sport - Coursework
Unit 11 – Physical activity for specific groups – Coursework
Unit 12 – Nutrition and diet for sport and exercise - Coursework
Unit 17 – Sports injuries and rehabilitation – Coursework
Unit 18 – Practical skills in sport and physical activities – Coursework.

Year 13

Unit 6 – Group exercise to music – Coursework
Unit 7 – Improving fitness for sport – Coursework
Unit 10 – Biomechanics in sport – Coursework
Unit 13 – Health and fitness testing for sport – Coursework
Unit 14 - Working in active leisure facilities – Coursework
Unit 19 – Sport Psychology – Coursework
Unit 21 - Business in sport – 1.5hr Exam

Assessment

The two-year, Triple Diploma course consists of 60% coursework and 40% exams. Students will gain either a Pass, Merit or Distinction grade in each piece of work and in the exams. At the end of the course, they will gain a triple grade e.g. DDD which is equivalent to three A Levels at grade A.

Entry criteria

Grade 4 in Maths, English and Science, and 2 other GCSEs of grade 4 and above.

Outside of the classroom

As part of the course students will have the opportunity to complete their Emergency First Aid qualification, as well

as having the opportunity to gain valuable experience of coaching and working in the leisure industry.

