

LEVEL 3 CAMBRIDGE TECHNICAL EXTENDED CERTIFICATE IN SPORT AND PHYSICAL ACTIVITY:

Sports Coaching



Examination Board – OCR

Course information

This course is studied over 2 years and equates to 1 A Level choice.

Examination details

There are 3 compulsory units, of which 2 are externally marked by the exam board. The 3rd unit is marked internally and moderated. The remaining guided learning hours are made up of a combination of internally marked units which again are moderated, before being sent to the board.

Qualifications

To access this course you need to have gained either a grade 4 in GCSE PE or a Merit award in the BTEC Level 2 course. A grade 4 in GCSE English is also essential, due to the amount of written work required.

About the course

The course is the natural progression for students who have studied the BTEC Sport course at GCSE level or GCSE PE. Students need to have a real interest in sport, fitness, coaching, sports performance and health. For those students considering a career within the sporting industry this would be an advisable course due to the vocational element and link to working life. The units will give skills, knowledge and understanding relating to key aspects of the delivery of sport and physical activity. Transferable skills such as planning, communication, adaptability and leadership will be gained. There will be a mixture of practical and theory lessons in each unit and opportunities for students to visit areas within the sporting industry. Students will need to be organised and able to work within a timeframe that enables them to meet deadlines.

Examples of units studied:

- Body systems and the effects of physical activity
- Sports coaching and activity leadership
- Sports organisation and development

Assessment

Throughout each unit students are set a number of assignments that are assessed internally and some set by and marked by the board. The final mark from each unit is used to calculate the overall grade. Grades awarded are Distinction, Merit and Pass, all of which equate to university entry points. The style of assignment will vary from a power point presentation, written analysis or essay style answers to verbal presentations. Students will need to be well organised, able to work independently and have good time management skills in order to succeed. The ability to stay on top of coursework is vital. A good understanding of the English language and ICT skills will be a huge advantage.

