

OCR Cambridge Technical Level



OCR Sport and Physical Activity

► Course Description

- The Cambridge Technical in Sport and Physical Activity has been developed to meet the changing needs of the sector, and prepare students for the challenges they'll face in university or employment. The Cambridge Technical in Sport and Physical Activity focus on the knowledge, understanding and skills that today's universities and employers demand. Students will practically apply their knowledge and skills in preparation for further study or the workplace.



Training principles are a key aspect of OCR Nationals Sports Science Course.

Why choose Cambridge Technical in Sport and Physical Activity?

Level 3 Cambridge Technicals in Sport and Physical Activity offer qualifications that include specialist pathways in Activity Leadership, Fitness Instructing and Recreational Assistants.

Students will apply their practical skills and knowledge in preparation for further study or the workplace.

Qualification Overview

360 GLH equivalent to one A level in terms of size

- Unit 1, 2 (90 GLH each), and Unit 3 (60 GLH) are mandatory
- Plus a minimum of 120 GLH chosen from the optional units (30 and 60 GLH).

It will provide learners with the opportunity, through applied learning, to develop the core specialist knowledge, skills and understanding required in the sport and physical activity sector.



Understanding how to reduce the risk of sporting injuries is a ideal unit for students who have a keen interest in Sport Physiotherapy.

OPTIONAL UNITS:

- ▶ 4. WORKING SAFELY IN SPORT, EXERCISE, HEALTH AND LEISURE.
- ▶ 5. PERFORMANCE ANALYSIS IN SPORT AND EXERCISE.
- ▶ 7. IMPROVING FITNESS FOR SPORT AND PHYSICAL ACTIVITY.
- ▶ 8. ORGANISATION OF SPORTS EVENT.
- ▶ 12. NUTRITION AND DIET FOR SPORT AND EXERCISE
- ▶ HEALTH AND FITNESS TESTING FOR SPORT AND EXERCISE.
- ▶ 17. SPORTS INJURIES AND REHABILITATION.
- ▶ 18. PRACTICAL SKILLS IN SPORT AND PHYSICAL ACTIVITIES.
- ▶ 19. SPORT AND EXERCISE PSYCHOLOGY.
- ▶ 20. SPORT AND EXERCISE SOCIOLOGY
- ▶ 21. THE BUSINESS OF SPORT