

Physical Education

OCR Level 3 CTEC Diploma in Sport & Physical Activity

This Technical Diploma in Sports Coaching is not just about being able to play sport, it will provide you with the skills, knowledge and understanding to progress into Higher Education on a sport-related programme such as Sport and Physical Education, Sport Science, Sport Coaching and Development or Sport and Leisure Management.

It is equivalent to TWO A levels



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Learners will study the following mandatory units:

- Body systems and the effects of physical activity
- Sports Coaching and activity leadership
- Sports organisation and development
- Working safely in sport, exercise, health &
- Leisure
- Performance Analysis in sport & exercise
- Organisation of sports events
- Physical activity for specific groups
- Sports Injuries and rehabilitation
- Practical skills in sport and physical activities



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Learners will also study the following units:

Health and fitness testing for sport & exercise
Sport and exercise psychology



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How will I be assessed:

Unit 1 Body systems & the effect of physical activity

1 hour 30 min exam (70 marks)

Written paper comprising multiple choice, short answer
Questions and questions requiring more extended responses.

Unit 3 Sports Organisation and development

1 hour written exam (60 marks)

Written paper comprising multiple choice, short answer
Questions and questions requiring more extended responses.

Unit 4 Working safely in sport, exercise, health & Leisure

1 hour 30 min exam (70 marks)

Written paper comprising multiple choice, short answer
Questions and questions requiring more extended responses.

All other units will be internally assessed and externally moderated via mini assignments or project based learning
Programme in which learners can be graded from Pass to Distinction *



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What do I need? What can it lead to?

What do I Need?

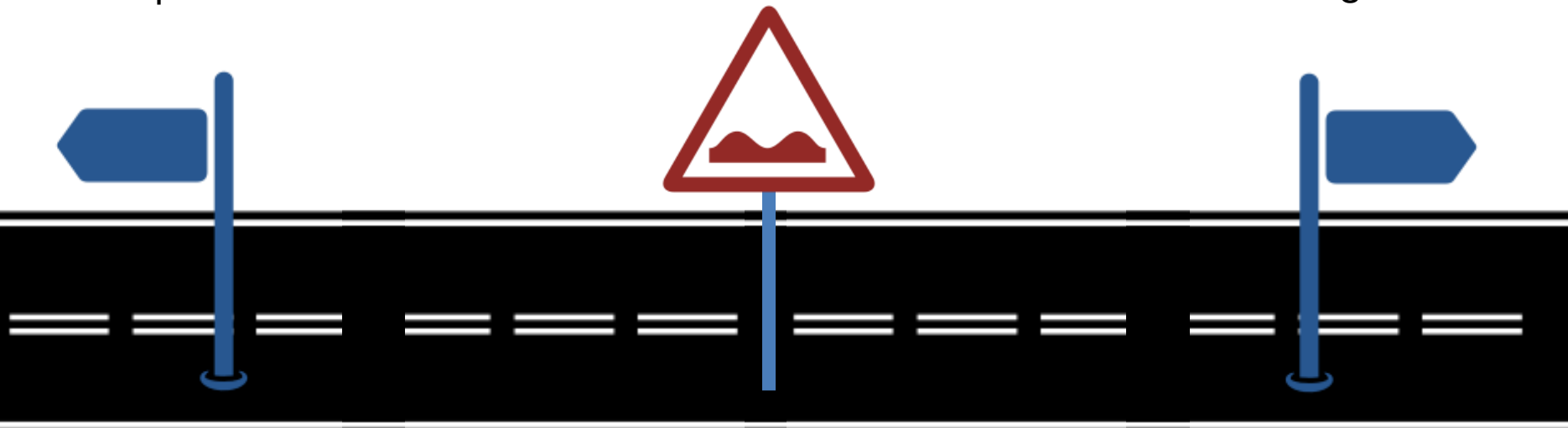
It is recommended that learners will have achieved sport or physical education qualifications in GCSE PE at grade 4/grade C or above or level 2 vocational qualification.

Also

It is also recommended that you have a grade 4 / grade C or above in Math's & English GCSE.

Where can it lead?

Higher Education on a sport related programme such as Sport & Physical Education, Sport Science, Sport Coaching & Development or Sport & Leisure Management



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Thanks for listening

Any questions then please do not hesitate to
contact me via email:

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