

### Core technical qualification

OCR Level 3 Cambridge Technical Extended Certificate in Sport. **(Equivalency 1 A-Level)**

OCR Level 3 Cambridge Technical Diploma in Sport specialising in Sports Coaching.  
**(Equivalency 2 A-Levels)**

### What will you be learning?

This qualification is not just about being able to play sport or deal with elite athletes; employers need people who are able to develop sports skills for teams and individuals, work with clients and participants to improve their fitness and change their lifestyles and monitor progress and improvement over time, adapting practices and approaches to suit the needs of individuals. Therefore, this qualification will develop learners' skills in preparation for employment in sports coaching or personal training either through an apprenticeship or directly into work.

This qualification is suitable for learners who:

- are studying to prepare for employment in the sport and physical activity sector
- want to progress into sport-related apprenticeships
- want to gain a Level 3 qualification to support further study in Further Education (FE) or to progress to university

### Methods of assessment

Learners could be *externally assessed* in the following units:

**Body systems and the effects of physical activity:** A written paper exam paper, set and marked by OCR.

**Sports Organisation and development:** A written paper exam paper, set and marked by OCR.

**Working Safely in sports exercise, health and leisure:** A written paper exam paper, set and marked by OCR.

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Learners will be *internally assessed* in the following units:

- Practical skills in sport and physical activities
- Body Systems and the effects of physical activity
- Sports coaching and activity leadership
- Sports organisation and development
- Performance analysis in sport and exercise
- Health and fitness testing for sport and exercise
- Sport injuries and rehabilitation
- Working safely in sport, exercise, health and leisure
- Physical activity for specific groups
- Organisation of sports events
- Sport and exercise psychology

### What are lessons like?

We are extremely excited about this style of learning where we will blend high quality lessons with practical based learning allowing learners to experience their potential career pathways. Lessons are fun and engaging with opportunities for pupils to gain holistic knowledge of the world of sport. Learners will be given a specific number of guided learning hours (GLH) during which they will be taught, in a variety of ways, the skills and information needed to be able to complete either a written assignment or a written external exam. Learners will be asked to present their findings in a number of ways including Power Point presentation, Posters, Booklets, Essays or Practical demonstration.

### How will we work with employers and the community?

As expected from a Level 3 pathway the responsibility of our professional learners increases within our partner schools and clubs with pupils leading curriculums and the development of sports in the community. The school has a very unique relationship with its immediate and wider community where sports partnerships offer a direct route into the clubs which are run. Our relationship with community schools is also very strong with Sandgate School and St Marys Primary School both enjoying developing their sport in partnership with us. Our students are developing their skills as leaders, coaches and officials within both these establishments and the Kirkby Lonsdale Sports Partnership. We are establishing a very exciting link with Lancaster University as well as other local and National partners to ensure our pupils have opportunities to gain experience working in various sports industries such as leisure centres, gyms and physios.

### **Where can this pathway lead?**

In the short term we will engage with our community partners in adding value to their sports provision. This could be developing sports performance as coaches, performance analysts or physio expertise. It could be contributing to elite programs such as working within the RFU, FA or any other of the governing bodies that are excited about the development of our sports professionals. It could be through enhancing the health and wellbeing of our community groups such as the elderly or disabled.

Apprenticeships that this qualification can lead to include: Advanced Level apprenticeships in Coaching, and Personal Training. Job roles that this could help to prepare you for include Personal Trainer, Assistant Sports Coach, or Sports and Activity Coordinator.

It could also provide a route into Higher Education on a sport-related programme such as Sport and Physical Education, Sport Science or Sport Coaching and Development.