



OCR Level 3 Cambridge
Technical in Sport

Physical Education

Who is the OCR Level 3 Cambridge Technical Foundation Diploma in Sport and Physical Activity for?

This qualification is for learners who are 16 years old or over and want to develop their skills in preparation for employment in the Sport and Physical Activity sector. This qualification is not just about being able to play sport or deal with elite athletes; employers need people who are able to lead sports and physical activities safely, work with the general public in providing sport and physical activity opportunities and help to promote physically active lifestyles.

What Entry Requirements Do I Need?

A minimum of a Level 4 in GCSE Physical Education or a Merit in OCR National Level 2 Sport is a basic requirement. If a Physical Education or similar course has not been studied then a level 4 in English, Maths and a Science is a minimum requirement.

Cambridge Technical Diploma in Sport

In addition to the Technical Diploma in Sport we also offer the Extended Diploma (3 A levels) and the Extended Certificate (1 A Level) providing students with a choice of three Qualifications.

What Will I Learn on The Course?

There are 11 units that must be completed to achieve the OCR Level 3 Diploma in Sport and 17 units that must be completed to achieve the Extended Diploma.

Year 1 Extended Certificate (1 A-Level)

Unit 1: Body Systems and the effects of physical activity – Exam (90GLH)

Unit 2: Sports Coaching and active leadership – Assignments (90GLH)

Unit 3: Sports Organisation and development – Exam (60GLH)

Diploma (2 A-Levels)

Unit 17: Sports Injuries and rehabilitation – Assignments (60GLH)

Unit 18: Practical skills in Sports and Physical activity (60GLH)

Unit 19: Sport and Exercise Psychology (60GLH)

Year 2 Extended Certificate (1 A-Level)

Unit 5: Performance analysis in sport and exercise – Assignments (60GLH)

Unit 8: Organisation of Sports Events (60GLH)

Diploma (2 A-Levels)

Unit 4: Working safely in Sport, exercise, health and Leisure - Exam (90GLH)

Unit 11: Physical activity for specific groups – Assignments (30GLH)

Unit 13: Health and Fitness testing for Sport and exercise (60GLH)

How are these qualifications assessed?

These qualifications are assessed using a combination of:

- external assessment, which we set and mark
- internal assessment, where the tutor assesses learners' work which we externally moderate.

How are these graded?

Every unit achieved will be graded as Pass, Merit, or Distinction.

Learners who don't achieve a Pass in a unit will be unclassified. A learner must get at least a Pass for every unit to be awarded the qualification they have entered for.

Qualifications are graded using a Pass, Merit, Distinction, Distinction* (and Unclassified) structure.

Why Study PE at this level?

Studying Physical Education will give you a fantastic insight into the amazing world of sports performance. Not only will you have the chance to perform or coach a sport through the non-exam assessment component. The combination of physical performance and academic challenge provides an exciting opportunity to develop a wide-ranging knowledge into the how and why of physical activity and to learn the reasons why some people out perform others, mentally and physically.