



OCR Technical in Sport

Curriculum and Assessment Overview

PATHWAYS AND OPTIONS FOR LEVEL 3 CAMBRIDGE TECHNICALS (2016) IN SPORT AND PHYSICAL ACTIVITY

M = Mandatory O = Optional				Certificate 180 GLH	Extended Certificate 360 GLH	Foundation Diploma 540 GLH			Diploma 720 GLH	
Unit number	Unit title	GLH	Assessment method			Activity Leadership	Fitness Instructing	Recreational Assistant	Sports Coaching	Personal Training
1	Body Systems and the Effects of Physical Activity	90	E	M	M	M	M	M	M	M
2	Sports Coaching and Activity Leadership	90	I	M	M	M	M	M	M	M
3	Sports Organisation and Development	60	E	–	M	M	M	M	M	M
4	Working Safely in Sport, Exercise, Health and Leisure	90	E	–	–	M	M	M	M	M
5	Performance Analysis in Sport and Exercise	60	I	–	O	–	–	–	M	–
6	Group Exercise to Music	60	I	–	–	–	M	–	–	M
7	Improving Fitness for Sport and Physical Activity	60	I	–	–	–	–	–	–	M
8	Organisation of Sports Events	60	I	–	O	O	–	M	M	–
10	Biomechanics and Movement Analysis	60	I	–	O	–	–	–	O	O
11	Physical Activity for Specific Groups	30	I	–	O	M	M	M	M	M
12	Nutrition and Diet for Sport and Exercise	30	I	–	O	O	O	O	O	O
13	Health and Fitness Testing for Sport and Exercise	60	I	–	–	–	O	–	O	M
14	Working in Active Leisure Facilities	60	I	–	–	–	–	M	–	–
17	Sports Injuries and Rehabilitation	60	I	–	O	O	O	O	M	O
18	Practical Skills in Sport and Physical Activities	60	I	–	O	O	–	O	M	–
19	Sport and Exercise Psychology	60	I	–	O	–	–	–	O	O
20	Sport and Exercise Sociology	60	I	–	O	–	–	–	–	–
21	The Business of Sport	90	E	–	–	–	–	–	–	–

Curriculum Delivery Plan

Year 12 (AS)

Teacher A	Teacher B
Term 1	
Unit 17: Sports Injuries	Unit :2 Sports Coaching and Activity
Unit 3: Sports Organisation and Development	
Term 2	
Unit 3: Sports Organisation and Development	Unit 2: Sports Coaching and Activity
Unit 17: Sports Injuries	
Unit 18: Practical Skills in Sport and Physical Activity	
Term 3	
Unit 18: Practical Skills in Sport and Physical Activity	Unit 1: Body Systems and the effects of Physical Activity
Unit 19/20: Sport and Exercise Psychology/Sociology	Unit 4: Working Safely in Sport, Exercise Health and Leisure
Unit 8: Organisation of Sports Events	

Year 13 (A2)

Teacher A	Teacher B
Term 1	
Unit 19/20: Sport and Exercise Psychology/Sociology	Unit 1: Body Systems and the effects of Physical Activity
Unit 8: Organisation of Sports Events	
Unit 13: Health and Fitness Testing for Sport and Exercise	Unit 4: Working Safely in Sport, Exercise Health and Leisure
Term 2	
Unit 5: Performance Analysis in Sport and Exercise	Unit 1: Body Systems and the effects of Physical Activity
Unit 11: Physical Activity	Unit 4: Working Safely in Sport, Exercise Health and Leisure
Term 3	
Revision	Revision
Re-submission	Re-submission