



Level: Cambridge Technical Level 3 Extended Certificate, or Diploma

Course Outline

This course is equivalent to one or two GCE A levels. It is aimed at students who have an interest in both the practical and theory aspects of Sport and are considering studying sport further or becoming a coach, personal trainer, sports centre manager, physiotherapist, sports psychologist or teacher.

What would I study on the course?

Extended Certificate

Unit 1 – Body systems and the effects of physical activity

Unit 2 – Sports coaching and activity leadership

Unit 3 – Sports organisation and development

Unit 8 – Organisation of sports events

Unit 18 – Practical skills in sports and physical activities

Diploma (all of the above plus):

Unit 13 – Health and fitness testing for sport and exercise

Unit 5 – Performance analysis in sport and exercise

Unit 19 – Sport and exercise psychology

Unit 4 – Working safely in sport, exercise, health and leisure

Unit 11 – Physical activity for specific groups

Unit 17 – Sports injuries and rehabilitation

How Will I be assessed?

Some of your units will be assessed through a written exam. This will be two units if you are completing the extended certificate (Units 1 & 3) and three if you are completing the diploma (Units 1, 3 & 4). The other units will be assessed through coursework which will be marked in school and moderated by the exam board.

What would a successful sports student look like?

A successful student on this course will:

- have a genuine interest in sport, both practically and theoretically;
- have a commitment to understanding the effects of exercise on the body, developing leadership and coaching skills and understanding how the mind works in sport;
- enjoy working as a team;
- be self-motivated and organised;
- be good at meeting deadlines.

Career Opportunities

The course is of particular value for those wishing to pursue a career or degree course in the following areas:

- Teaching
- Sports Coach
- Personal Trainer
- Physiotherapist
- Sports Psychologist
- Sports Centre Manager