

Cambridge Technicals Level 3: Extended Diploma (1080 GLH)

Triple Award

'Sport and Physical Activity Development'

ENTRY REQUIREMENTS:

Science – 44 (MINIMUM)

English language – 4

Practical ability – All students completing the triple award MUST BE COMPETING OUTSIDE OF SCHOOL IN ONE SPORT. Any students who have no affiliation or link with an outside club will not be able to complete the Triple Award.

Mandatory units covered over the 2 years:

- Unit 1: Body Systems and the Effects of Physical Activity
- Unit 2: Sports Coaching and Activity Leadership
- Unit 3: Sports Organisation and Development
- Unit 4: Working Safely in Sport, Exercise, Health and Leisure
- Unit 5: Performance Analysis in Sport and Exercise
- Unit 7: Improving Fitness for Sport and Physical Activity
- Unit 8: Organisation of Sports Events
- Unit 11: Physical Activity for Specific Groups
- Unit 12: Nutrition and Diet for Sport and Exercise
- Unit 14: Working in Active Leisure Facilities
- Unit 17: Sports Injury and Rehabilitation
- Unit 18: Practical Skills in Sport and Physical Activity
- Unit 21: The Business of Sport

Optional units:

- Unit 6: Exercise to Music
- Unit 10: Biomechanics and Movement Analysis
- Unit 13: Health and Fitness Testing for Sport and Exercise
- Unit 19: Sport and Exercise Psychology