

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 10 - Biomechanics and movement analysis

Unit 17 - Sport Injuries and rehabilitation

Diploma (all of the above plus):

Unit 13 - Health and fitness testing for sport and exercise

Unit 6 - Group exercise to music

Unit 7 - Improving fitness for sport and physical activity

Unit 19 - Sport and exercise psychology

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

Unit 11 - Physical activity for specific groups

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

Enrichment Opportunities

When possible, we will engage with external agencies such as local sports centres or exercise classes. We also reach out to local primary schools where coaching sessions could be delivered to primary schools.