



**QUALIFICATION TITLE** - OCR Level 3 Cambridge Technical Extended Certificate in Sport and Physical Activity

**QUALIFICATION NUMBER** - 601/7094/3

## **OVERVIEW**

This qualification is for you if you are 16 years old or over and want to study sport, leisure or fitness. This qualification is not just about being able to play sport, it will provide you with the skills, knowledge and understanding to progress into Higher Education on a sport-related programme such as Sport and Physical Education, Sport Science, Sport Coaching and Development or Sport and Leisure Management.

The qualification is designed to be taken as part of a study programme alongside other vocational qualifications or A levels, such as Cambridge Technicals in Business, A level Biology, A level Physics or Cambridge Technicals in Science.

You'll take between five and six units made up of mandatory and optional units:

You will study the following mandatory units:

- Body systems and the effects of physical activity
- Sports coaching and activity leadership
- Sports organisation and development

These units will give you an understanding of sport in the wider contexts of coaching and leadership, anatomy and physiology, the body's short- and long-term responses to physical activity and the framework of sport in the UK and the organisations involved. You'll also develop transferable skills such as planning, communication, adaptability and leadership.

## **IS THIS QUALIFICATION RIGHT FOR ME?**

This qualification is part of a suite of Cambridge Technicals in Sport and Physical Activity at Levels 2 and 3 with the Level 2 qualifications designed for learners who are 16 years old or over and aren't yet ready to undertake a Level 3 study programme, but wish to study and/or be employed in the sport and physical activity sector. It is recommended that learners starting this qualification will have achieved sport or physical education qualifications for example GCSEs in PE at grade 4/grade C or above or level 2 vocational qualifications, e.g. OCR Level 2 Cambridge National in Sports Studies or Sport Science. It is also recommended that you have grade 4/grade C or above in Maths and English GCSE.

There are five sizes of qualification available in the Level 3 Cambridge Technicals in Sport and Physical Activity suite:

OCR Level 3 Cambridge Technical Certificate in Sport and Physical Activity

OCR Level 3 Cambridge Technical Extended Certificate in Sport and Physical Activity

OCR Level 3 Cambridge Technical Foundation Diploma in Sport and Physical Activity

OCR Level 3 Cambridge Technical Diploma in Sport and Physical Activity

OCR Level 3 Cambridge Technical Extended Diploma in Sport and Physical Activity Development

The Certificate is an Applied General qualification and takes 180 guided learning hours to deliver which means it is equivalent to half an A Level. Taking the Certificate would give you an introduction to the sport and physical activity sector and would support other vocational or academic qualifications with a view to progress to higher education or further study.

The Extended Certificate is an Applied General qualification and takes 360 guided learning hours to deliver which means it is equivalent to one A Level. Taking the Extended Certificate alongside other vocational or academic qualifications would allow you to study sport and physical activity, or another related sector, in higher education or further study.

The Foundation Diploma is a Tech Level qualification which allows you to progress into employment after completion and takes 540 guided learning hours to deliver. This means it's a similar size to one and a half A levels, should fill approximately half of your timetable and can be taken over two years. This gives you the flexibility to take other supporting qualifications, vocational or academic, in preparation for employment or further study in the sector.

The Diploma is a Tech Level qualification which allows you to progress into employment after completion and takes 720 guided learning hours to deliver. This means it's a similar size to two GCE A levels, should fill approximately two thirds of your timetable and can be taken over two years. Taking the Diploma would give you the skills for working in specific, specialised roles (e.g. Sports Coach and Personal Trainer) within the sport and physical activity sector.

The Extended Diploma is a Tech Level qualification and takes 1080 guided learning hours to deliver. This means it is equivalent to three A-levels and will form your complete two-year study programme. Taking the Extended Diploma will give you a breadth and depth of skills, knowledge and understanding that will allow you to access a range of job roles in the sport and physical activity development sector including Sports Development Officer, Community Sport Officer, Senior Sports Coach or Senior Activity Leader.

You should take the Extended Certificate as it will give you specialist skills, knowledge and understanding of sport and physical activity which, gained alongside other vocational or academic qualifications, can allow them access to Higher Education on sports-related programmes.

The Certificate takes 360 guided learning hours to deliver. This means it's a similar size to an A level and can be taken in one year. This gives you the flexibility to take other qualifications, vocational or academic, in preparation for further study in the sector.

## **SUPPORT**

The following Universities support this qualification:

Coventry University, University of Birmingham, London South Bank University

Details of this support can be found on the OCR website <http://www.ocr.org.uk/qualifications/by-type/vocational-education-and-skills/16-19-performance-table-reform/>

## **FURTHER INFORMATION**

To find out more about the OCR Level 3 Cambridge Technical Extended Certificate in Sport and Physical Activity please refer to the centre handbook available on the OCR website <http://www.ocr.org.uk/qualifications/vocational-education-and-skills/cambridge-technical-sport-and-physical-activity-level-3-certificate-extended-certificate-foundation-diploma-diploma-05826-05829-2016-suite/>

If you have any other queries please contact [vocational.qualifications@ocr.org.uk](mailto:vocational.qualifications@ocr.org.uk)

## **ABOUT US**

OCR is a leading UK awarding body. We provide qualifications which engage people of all ages and abilities at school, college, in work or through part-time learning programmes.

Our general and vocational qualifications equip learners with the knowledge and skills they need for their future, helping them achieve their full potential.