

QUALIFICATION TITLE - OCR Level 3 Cambridge Technical Diploma in Sport and Physical Activity

QUALIFICATION NUMBER - 601/7096/7

OVERVIEW

This qualification is for you if you are 16 years old or over and want to develop your skills in preparation for employment in the Sport and Physical Activity sector.

This qualification is not just about being able to play sport or deal with elite athletes; employers need people who are able to develop sports skills for teams and individuals, work with clients and participants to improve their fitness and change their lifestyles and monitor progress and improvement over time, adapting practices and approaches to suit the needs of individuals.

Therefore, this qualification will develop your skills in preparation for employment in sports coaching or personal training either through an apprenticeship or directly into work. Apprenticeships that this qualification can lead to include: Advanced Level apprenticeships in Coaching, and Personal Training. Job roles that this could help to prepare you for include Personal Trainer, Assistant Sports Coach, or Sports and Activity Coordinator.

It could also provide a route into Higher Education on a sport-related programme such as Sport and Physical Education, Sport Science or Sport Coaching and Development.

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 or A level Physics.

You'll take 11 or 12 units, made up of mandatory and optional units.

Everybody will study the following mandatory units:

- Body systems and the effects of physical activity
- Sports coaching and activity leadership
- Sports organisation and development
- Working safely in sport, exercise, health and leisure
- Physical activity for specific groups

These units will give you skills, knowledge and understanding related to key aspects which underpin how sport and physical activity is delivered and organised, such as anatomy and physiology in relation to physical performance, coaching skills, the structure of sport in the UK and the organisations involved, the target groups that would most benefit from participation in physical activity and why and safe practice in sport and leisure. You will also develop transferable skills that employers are looking for such as planning, communication, adaptability and leadership.

You'll choose to follow at least one of two specialised pathways depending on the career you wish to pursue. Depending on the pathway chosen the units you take will vary:

Pathway - Sports Coaching

Units include Performance analysis in sport and exercise, Sports injuries and rehabilitation and Organisation of sports events.

The type of job roles this pathway could lead to are Multi-Sports Coach, Activity Leader or Sports and Activity Coordinator; the skills, knowledge and understanding you will gain through this pathway will include how teams are formed and different leadership approaches to suit them, different types of practice methods that can be used within sport to improve performance and how to analyse performance and movement to support coaching methods and approaches. Other skills which will be developed include planning and organisation, communication and adaptability.

Pathway – Personal Training

Units include Group exercise to music, Health and fitness testing for sport and exercise and Improving fitness for sport and physical activity.

The type of job roles this pathway could lead to are Personal Trainer, Exercise to Music Instructor or Gym Instructor; the skills, knowledge and understanding and skills you will gain through this pathway will include how to plan and deliver safe and effective exercise sessions and how to motivate participants in exercise and physical activity. Other skills that will be developed include communication, adaptability and evaluation skills.

EMPLOYER ENGAGEMENT

You will have opportunities to find out from employers how the skills and knowledge you will acquire are used in work. Your school or college will decide how this will happen. The school or college might ask an employer from the sport industry to come in to talk to your class about how they use the skills you are gaining or you may have the opportunity to have work experience in a sports-based organisation.

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.

Taking the Diploma will give you the skills for working in specific, specialised roles (e.g. Sports Coach and Personal Trainer) within the sport and physical activity sector. Because the Diploma is a larger size qualification you will be able to increase the strength and depth of your skills, knowledge and understanding in your chosen pathway, allowing you to access these specialised roles or speed up your progression into more senior roles in the industry such as a Fitness Programme Manager, or a Senior Club Coach.

SUPPORT

The following employers and professional bodies support this qualification:

Sports Coaching Pathway

Chartered Institute for Management in Sport and Physical Activity (CIMSPA), English Federation for Disability Sport (EFDS), Sports Leaders UK, Northamptonshire Sport, Rounders England

Personal Training Pathway

Chartered Institute for Management in Sport and Physical Activity (CIMSPA)

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 Diploma 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-technicals-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

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.