



Oxford Cambridge and RSA

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

**QUALIFICATION NUMBER** - 603/0405/4

### **OVERVIEW**

This qualification is for you if you are 16 years old or over and want to develop and apply your skills, knowledge and understanding to support individuals and teams to engage with, participate in and develop their performance in sport and physical activity.

Participation in sport and physical activity is currently very high on the national agenda as it can help to relieve and prevent health conditions caused by inactivity, but also relieve health conditions from other causes, as well as improve people's moods, increase life expectancy and improve productivity, along with a whole range of other benefits. In order for individuals to participate, engage and enjoy sport and physical activity, and to maintain their participation so it becomes part of their lifestyle, people working in the sector need to be able to organise, coordinate, facilitate and deliver sport and physical activity for individuals from different backgrounds, and with different needs, skill levels and preferences. Sport and physical activity development ranges from grass roots participation in schools and community clubs through to professional organisations and elite athletes. It involves developing a team or individual's skills and performance in a sport or activity, it could also involve getting someone who leads a completely sedentary lifestyle to participate in an organised group-walk once a week that is led by a team of volunteers, or acquiring the funds to build a new clubhouse for a community sports team.

You will develop the skills, knowledge and understanding to deliver sport and physical activity to an individual or group of participants; plus identify those who would benefit most from participation, select which sport or physical activity would be best for them, and how to organise, co-ordinate and facilitate different events or programmes of activity that allow people to actively engage in and enjoy sport and physical activity. This can be in a more 'office-based' role such as a Sport Development Officer or Community Sport Officer who is responsible for organising events, obtaining funding to run events, identifying target groups, supporting the recruitment of staff and volunteers to run events and activities and ensuring the sustainability of sport and physical activity. Or it can be in a more 'field-based' role such as a Senior Sports Coach or Senior Activity Leader responsible for delivering sport and physical activities, as well as co-ordinating the activities of other coaches and activity leaders and promoting the benefits of participation and leading a healthy lifestyle to schools, community groups and/or other target groups.

The Extended Diploma is a Tech Level qualification (meaning it will prepare you for employment) and takes 1080 guided learning hours to deliver. This means it is equivalent in size to three A-levels and will form your complete two-year study programme.

You'll take 17 units, made up of mandatory and optional units.

Everybody will study the 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
- Performance analysis in sport and exercise
- Physical activity for specific groups
- Nutrition and diet for sport and exercise
- Sports injuries and rehabilitation
- The business of sport
- Improving fitness for sport and physical activity
- Organisation of sports events
- Working in active leisure facilities
- Practical skills in sport and physical activities

These units are related to key aspects that underpin how sport and physical activity is delivered and organised and developed as a business, 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 and delivery in sport and leisure. You will learn how different types of business in sport operate including how they measure success, why volunteers are so important to the sector and how they are recruited and managed, how sport businesses ensure sustainability and how they access different sources of funding. You will also learn how to analyse performance using different methods and how to support people in maintaining a fitter, healthier lifestyle. In addition to this, you will develop transferable skills that employers are looking for such as planning, communication and organisation skills.

You will then be able to choose an additional four optional units from the following:

- Group exercise to music
- Biomechanics and movement analysis
- Health and fitness testing for sport and exercise
- Sport and exercise psychology
- Sport and exercise sociology

These units will support you in developing additional skills, knowledge and understanding which will allow you to deliver a wider range of sports and physical activities and support development in those sports or activities. They will also develop your understanding of the sociological and psychological impacts that participation in sport and physical activity can have as well as the benefits of and barriers to participation and how to overcome these.

### **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 C (or equivalent) or above in Maths and English GCSE.

There are four other 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

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 in roles such as Fitness Instructor or Activity Leader, or prepare you for 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 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, such as Sports Coach and Personal Trainer, within the sport and physical activity sector, or it can prepare you for further study in the sector

## **SUPPORT**

The following professional body supports this qualification:

Chartered Institute for the Management of 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 Extended 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-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.