

OCR Level 3 Cambridge Technical Extended Diploma in Sport (600/6144/3)

About this qualification

This is an Applied General qualification that is designed for learners aged 16-19 who want to study sport where they can learn and be assessed in ways that are practical and relevant to the sport and recreation industry. It is designed to give learners the transferable knowledge and skills to progress to higher education or further study.

What skills and knowledge will be covered?

Learners will cover 19 topics, made up of core and optional units. This qualification is not just about being able to play sport as the core enables the learner to demonstrate their understanding of sport within the wider contexts of coaching, anatomy and physiology, the effects of exercise on the body and current issues including cultural barriers to participating in sport. The optional units cover a wide range of topics. Learners have the opportunity to take units that are relevant to one or more specific areas within the sport and recreation industry. For example the knowledge and skills required by Health and Fitness are found in units on Fitness Training and Programming, Fitness Testing for Sport and Exercise, Instructing Physical Activity and Exercise, and Exercise for Specific Groups. Alternatively, units such as Psychology for Sports Performance, Practical Team Sports, Practical Individual Sports, Leadership in Sport, Sports Development, Technical and Tactical Skills in Sport, Analysis of Sports Performance, and Talent Identification and Development in Sport are designed for those learners who are interested in coaching or development. Taking all of these units would give the learner a profile of skills and knowledge relevant to sport science and sports development.

This qualification will also enable learners to develop other desirable skills. Depending on their choice of optional units this could include critical thinking, leadership, project management, motivating others and assessing risk.

Where could this qualification lead to?

1. A Higher Education course. Learners could:
 - a. choose to undertake a sport-related degree from options including Physical Education, Sports Development, Sports Management or Sport Science.
 - b. choose from non-sport-related degree programmes. This qualification has between 120-420 UCAS points - depending on the grade awarded – so it would be accepted by universities as meeting requirements for entry to a range of degree programmes.
2. An Active Leisure Apprenticeship.
3. It might also provide entry to employment in some sport and recreation related careers, for example a Recreation Assistant. (Some careers in sport and recreation require specific qualifications known as a 'licence to practise'. This qualification is not a licence to practise.)

