

## **OCR Level 3 Cambridge Technical Subsidiary Diploma in Sport (600/6142/X)**

### **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 10 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 specific areas within the sport and recreation industry. For example units that complement the core topics, such as Applied Sport and Exercise Physiology, Analysis of Sports Performance, Fitness Testing for Sport and Exercise, Practical Team Sports, Practical Individual Sports, and Sports Leadership will provide learners with the skills and knowledge required across a variety of different areas in the industry.

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

### **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 60 – 210 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.)