



Oxford Cambridge and RSA

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

**QUALIFICATION NUMBER** - 601/7095/5

## 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 lead sports and physical activities safely, work with the general public in providing sport and physical activity opportunities and help to promote physically active lifestyles. Therefore, this qualification will provide you with the skills, knowledge and understanding to progress into employment in the sport and physical activity sector either through an apprenticeship or directly into work.

This qualification can lead to Advanced Level apprenticeships in Coaching, Leisure Management and Exercise and Fitness or to job roles such as Fitness Instructor, Activity Leader or a Leisure/Recreation Assistant. It could also provide a route 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 or A level Physics. In a study programme it will take up about one third of a timetable.

You'll take 8 or 9 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 the 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 study at least one of three specialised pathways depending on the career you wish to pursue. Depending on the pathway chosen the units you take will vary:

### **Pathway - Activity Leadership**

Units include Practical skills in sport and physical activities, Sports injuries and rehabilitation and Organisation of sports events.

This pathway could lead to an Activity Leader role in a range of settings including after-school clubs, holiday clubs and leisure centres so the skills, knowledge and understanding you will need to achieve 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 safely set up and run sport and physical activity sessions or larger-scale sporting events. Other skills that will be developed include planning and organisation, communication and adaptability.

### **Pathway – Fitness Instructing**

Units include Group exercise to music, Sports injuries and rehabilitation and Health and fitness testing for sport and exercise.

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

### **Pathway - Recreational Assistant**

Units include Working in active leisure facilities, Practical skills in sport and physical activities and Organisation of sports events.

The type of job roles this pathway could lead to are Recreational Assistant or Leisure Centre Assistant so the skills, knowledge and understanding you will need to achieve through this pathway will include the how to support the delivery of sports events and activities, best practice in customer care and how to set up, maintain and store equipment in a leisure facility. Other skills that will be developed include, communication, planning and organisation and team working 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 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 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 Foundation Diploma will give you specialised skills for working in the sport and physical activity sector. The Foundation Diploma will give you the strength and depth of knowledge, skills and understanding within your chosen pathway, allowing you to access specialised roles in the industry such as a Fitness Instructor, Recreational Assistant or Activity Leader.

## **SUPPORT**

The following employers and professional bodies support this qualification:

### Activity Leadership Pathway

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

### Fitness Instructing Pathway

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

### Recreational Assistant Pathway

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

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 Foundation 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](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.