

Cambridge TECHNICALS LEVEL 3

# SPORT AND PHYSICAL ACTIVITY

Cambridge  
TECHNICALS  
2016

## DIPLOMA SUITE QUALIFICATION HANDBOOK

OCR Level 3 Cambridge Technical Foundation Diploma in  
Sport and Physical Activity (05828)

OCR Level 3 Cambridge Technical Diploma in Sport and  
Physical Activity (05829)

OCR Level 3 Cambridge Technical Extended Diploma in  
Sport and Physical Activity Development (05872)

First teaching from September 2016

Version 5 July 2018

# About this handbook

The information we've provided in this handbook is correct at the time we produced it. Occasionally we may update it so please check the qualification [webpages](#) for the most up-to-date information.

Staff involved in delivering these qualifications must have access to and understand the requirements in this handbook.

For information on how to administer these qualifications please follow the link to OCR's Administration area, <http://www.ocr.org.uk/administration/>. You'll find all the details about how the qualifications run, what you need to do and when. It covers everything from becoming an OCR centre, to making entries, claiming certificates, special arrangements and contacting us for advice.

## About us

OCR is a leading UK awarding body we're part of the Cambridge Assessment Group, a department of the University of Cambridge.

We are a not-for-profit organisation so success is measured through the impact and reach of our activities and the scale of our contribution to helping people realise their aspirations.

We work in partnership with teachers, employers, higher education and government to develop general and vocational qualifications that will equip students of all abilities, with the knowledge and skills they need to reach their full potential.

## Thank you

We've worked with centres, employers and higher education institutions to design these qualifications.

**Thank you** to everyone who provided support and feedback as we developed the new Cambridge Technicals in Sport and Physical Activity. Particular thanks go to those of you who helped us shape these qualifications by so generously giving your own time to share your advice and experiences.

## Releases of this handbook

Version and date issued. For details of each of the releases see Appendix C
Version 05 July 2018
Version 04 January 2017
Version 03 August 2016
Version 02 March 2016

Please make sure you are using the latest versions of the handbook and units which are available to download from the OCR website

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# 1 Qualifications overview

## Size and purpose at a glance

This suite is made up of five qualifications and they share some common units.

Units 1, 3, 4 and 21 are assessed by exam and marked by us. The remaining units are internally assessed by your centre staff and moderated by OCR.

### Cambridge Technical Certificate in Sport and Physical Activity

**180 GLH**  
equivalent  
to one AS  
level in  
terms of  
size

- Unit 1 and 2 (90 GLH each) are mandatory
- one externally examined unit and one centre-assessed unit moderated by OCR .

It will provide learners with the opportunity, through applied learning, to develop core principles and knowledge and understanding required in the sport and physical activity sector.

### Cambridge Technical Extended Certificate in Sport and Physical Activity

**360 GLH**  
equivalent  
to one A  
level in  
terms of  
size

- Unit 1, 2 (90 GLH each), and Unit 3 (60 GLH) are mandatory
- Plus a minimum of 120 GLH chosen from the optional units (30 and 60 GLH).

It will provide learners with the opportunity, through applied learning, to develop the core specialist knowledge, skills and understanding required in the sport and physical activity sector.

### Cambridge Technical Foundation Diploma in Sport and Physical Activity

**540GLH**  
equivalent  
to one and  
a half A  
levels in  
terms of  
size

- Units 1, 2 and 4 (90 GLH each), Unit 3 (60 GLH) and Unit 11 (30 GLH) are mandatory in all pathways
- Unit 6 (60 GLH) is mandatory in the Fitness Instructing pathway
- Unit 8 and 14 (60 GLH each) are mandatory in the Recreational Assistant pathway.
- The remaining GLH for each pathway must be chosen from the optional units (30 or 60 GLH).

It will provide learners with the opportunity to develop the core knowledge, skills and understanding required by the sport and physical activity sector and to develop further skills by completing a wide range of units through a choice of specialist pathways:

- Activity Leadership
- Fitness Instructing
- Recreational Assistant.

## Cambridge Technical Diploma in Sport and Physical Activity

**720 GLH**  
equivalent to two A levels in terms of size.

- Units 1, 2 and 4 (90 GLH each), Unit 3 (60 GLH) and Unit 11 (30 GLH) are mandatory in all pathways
- Unit 6, 7 and 13 (60 GLH each) are mandatory in the Personal Training pathway
- Unit 5, 8, 17 and 18 (60 GLH each) are mandatory in the Sports Coaching pathway.
- The remaining GLH for each pathway must be chosen from the optional units (30 or 60 GLH).

It will provide learners with the opportunity to develop the core knowledge, skills and understanding required by the sport and physical activity sector and to develop further skills by completing a wide range of units through a choice of specialist pathways:

- Sports Coaching
- Personal Training.

## Cambridge Technical Extended Diploma in Sport and Physical Activity Development

**1080 GLH**  
equivalent to three A levels in terms of size

Units 1, 2, 4 and 21 (90 GLH each), Unit 3, 5, 7, 8, 14, 17 and 18 (60 GLH) and Unit 11 and 12 (30 GLH) are mandatory.

- The remaining 240 GLH must be chosen from the optional 60GLH units.

It will provide learners with the opportunity to develop a range of skills and depth of knowledge and understanding required by the sport and physical activity sector by completing a wide range of units.

You'll find the units and supporting documents for this qualification on our website.

## OCR Level 3 Cambridge Technical Foundation Diploma in Sport and Physical Activity at a glance

<b>Qualification number (QN)</b>	601/7095/5	<b>OCR Entry code</b>	05828
<b>First registration date</b>	01/09/2016	<b>Approved age range</b>	16–18, 19+
<b>Guided Learning Hours (GLH)</b>	540	<b>UCAS points</b>	You'll find further information on the <a href="#">UCAS website</a> .
<b>Total Qualification Time (TQT)</b>	642	<b>Performance information</b>	See section 2 <a href="#">Performance information</a>
<b>Exam sessions each year</b>	January and June	<b>Eligible for funding</b>	It's designed to meet the funding requirements of a 16–19 study programme.
<b>Entry requirements</b>	There are no formal entry requirements for this qualification. It is recommended that learners have, or are working towards, a grade 4/grade C or above in maths and English GCSEs.		
<b>This qualification has been designed</b>	<ul style="list-style-type: none"> <li>• for learners who are on a 16–19 study programme</li> <li>• to meet the Department for Education's characteristics for a Tech Level qualification.</li> </ul>		
<b>This qualification is suitable for learners</b>	<ul style="list-style-type: none"> <li>• studying to prepare for employment in the sport and physical activity sector</li> <li>• who want to progress into sport-related apprenticeships</li> <li>• who want to gain a level 3 qualification to support further study in Further Education (FE) or to progress to Higher Education (HE) in in Sport and Physical Activity</li> <li>• studying for career development and who are already in employment.</li> </ul>		
<b>Qualification structure</b>	Learners must achieve a total of 8-9 units consisting of 3 mandatory examined units and 5-6 further units. The choice of units will depend on the specialist pathway selected.		
<b>Assessment method/model</b>	Units 1, 3 and 4 are assessed by exam and marked by us. Your centre staff will internally assess all the other units and we will moderate them.		
<b>Grading</b>	The units are graded Pass, Merit and Distinction. The qualification is graded PP, PM, MM, MD, DD, DD*, D*D*		
<b>Examination resits</b>	Learners can resit an examined unit once before they complete the qualification.		
<b>Repeat submission of learners work</b>	If you and the learner feel they haven't performed at their best during the assessment, the learner can, at your discretion, improve their work and resubmit it to you for assessment. You must follow our requirements on authenticity and feedback in section 8.		
<b>Employer engagement</b>	It is a requirement that employers are engaged in the delivery of this qualification. Further information can be found in the individual units (where relevant) and in section 5.		

## Statement of purpose

### Who is the OCR Level 3 Cambridge Technical Foundation Diploma in Sport and Physical Activity for?

This qualification is for learners who are 16 years old or over and want to develop their 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 learners 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.

Learners will 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 learners 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. Learners will also develop transferable skills that employers are looking for such as planning, communication, adaptability and leadership.

Learners will choose to study at least one of three specialised pathways depending on the career they wish to pursue. Depending on the pathway chosen the units learners 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 learners 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 learners 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 learners 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**

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

## **IS THIS QUALIFICATION RIGHT FOR MY LEARNERS?**

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 C (or equivalent) 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 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 learners 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 learners 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 a learner's timetable and can be taken over two years. This gives learners 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 a learner's timetable and can be taken over two years. Taking the Diploma would give learners 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 breadth and depth of skills, knowledge and understanding that will allow you to gain access to job roles in the sport and physical activity development sector such as Community Sports Officer, Sports Development Officer, Senior Sports Coach or Senior Activity Leader.

Taking the Foundation Diploma will give learners specialised skills for working in the sport and physical activity sector. The Foundation Diploma will give learners the strength and depth of knowledge, skills and understanding within their chosen pathway, allowing them to access specialised roles in the industry such as a Fitness Instructor, Recreational Assistant or Activity Leader.

## OCR Level 3 Cambridge Technical Diploma in Sport and Physical Activity at a glance

<b>Qualification number (QN)</b>	601/7096/7	<b>OCR Entry code</b>	05829
<b>First registration date</b>	01/09/2016	<b>Approved age range</b>	16–18, 19+
<b>Guided Learning Hours (GLH)</b>	720	<b>UCAS points</b>	You'll find further information on the <a href="#">UCAS website</a> .
<b>Total Qualification Time (TQT)</b>	858	<b>Performance information</b>	See section 2 <a href="#">Performance information</a>
<b>Exam sessions each year</b>	January and June	<b>Eligible for funding</b>	It's designed to meet the funding requirements of a 16–19 study programme.

<b>Entry requirements</b>	There are no formal entry requirements for this qualification. It is recommended that learners have, or are working towards, a grade 4/grade C or above in maths and English GCSEs.
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<b>This qualification has been designed</b>	<ul style="list-style-type: none"> <li>• for learners who are on a 16–19 study programme</li> <li>• to meet the Department for Education's characteristics for a Tech Level qualification.</li> </ul>
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<b>This qualification is suitable for learners</b>	<ul style="list-style-type: none"> <li>• studying to prepare for employment in the sport and physical activity sector</li> <li>• who want to progress into sport-related apprenticeships</li> <li>• who want to gain a level 3 qualification to support further study in Further Education (FE) or to progress to Higher Education (HE) in in Sport and Physical Activity</li> <li>• studying for career development and who are already in employment.</li> </ul>
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<b>Qualification structure</b>	Learners must achieve a total of 11–12 units consisting of three mandatory examined units and 8-9 further units. The choice of units will depend on the specialist pathway selected.
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<b>Assessment method/model</b>	Units 1, 3 and 4 are assessed by exam and marked by us. Your centre staff will internally assess all the other units and we will moderate them.
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<b>Grading</b>	The units are graded Pass, Merit and Distinction. The qualification is graded PP, PM, MM, MD, DD, DD*, D*D*
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<b>Examination resits</b>	Learners can resit an examined unit once before they complete the qualification.
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<b>Repeat submission of learners work</b>	If you and the learner feel they haven't performed at their best during the assessment, the learner can, at your discretion, improve their work and resubmit it to you for assessment. You must follow our requirements on authenticity and feedback in section 8.
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<b>Employer engagement</b>	It is a requirement that employers are engaged in the delivery of this qualification. Further information can be found in the individual units (where relevant) and in section 5.
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## Statement of purpose

### Who is the OCR Level 3 Cambridge Technical Diploma in Sport and Physical Activity for?

This qualification is for learners who are 16 years old or over and want to develop their 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 learners' 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.

Learners will 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 learners 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. Learners will also develop transferable skills that employers are looking for such as planning, communication, adaptability and leadership.

Learners will choose to follow at least one of two specialised pathways depending on the career they wish to pursue. Depending on the pathway chosen the units learners 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 learners 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, Physical activity for specific groups 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 learners 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**

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

## **IS THIS QUALIFICATION RIGHT FOR MY LEARNERS?**

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 C (or equivalent) 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 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 learners 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 learners 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 a learner's timetable and can be taken over two years. This gives learners 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 a learner's timetable and can be taken over two years. Taking the Diploma would give learners 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 breadth and depth of skills, knowledge and understanding that will allow you to gain access to job roles in the sport and physical activity development sector such as Community Sports Officer, Sports Development Officer, Senior Sports Coach or Senior Activity Leader.

Taking the Diploma will give learners 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 learners will be able to increase the strength and depth of their skills, knowledge and understanding in their chosen pathway, allowing them to access these specialised roles or speed up their progression into more senior roles in the industry such as a Fitness Programme Manager or a Senior Club Coach.

## OCR Level 3 Cambridge Technical Extended Diploma in Sport and Physical Activity Development at a glance

<b>Qualification number (QN)</b>	603/0405/4	<b>OCR Entry code</b>	05872
<b>First registration date</b>	01/09/2016	<b>Approved age range</b>	16–18, 19+
<b>Guided Learning Hours (GLH)</b>	1080	<b>UCAS points</b>	You'll find further information on the <a href="#">UCAS website</a> .
<b>Total Qualification Time (TQT)</b>	1290	<b>Performance information</b>	See section 2 <a href="#">performance information</a>
<b>Exam sessions each year</b>	January and June	<b>Eligible for funding</b>	It's designed to meet the funding requirements of a 16–19 study programme.

<b>Entry requirements</b>	There are no formal entry requirements for this qualification. It is recommended that learners have, or are working towards, a grade 4/grade C or above in maths and English GCSEs.
<b>This qualification has been designed</b>	<ul style="list-style-type: none"> <li>for learners who are on a 16–19 study programme</li> <li>to meet the Department for Education's characteristics for a Tech Level qualification.</li> </ul>
<b>This qualification is suitable for learners</b>	<ul style="list-style-type: none"> <li>studying to prepare for employment in the sport and physical activity sector</li> <li>who want to progress into sport-related apprenticeships</li> <li>who want to gain a level 3 qualification to support further study in Further Education (FE) or to progress to Higher Education (HE) in in Sport and Physical Activity</li> <li>studying for career development and who are already in employment.</li> </ul>

<b>Qualification structure</b>	Learners must achieve a total of 17 units consisting of mandatory units and optional units.
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<b>Assessment method/model</b>	Units 1, 3, 4 and 21 are assessed by exam and marked by us. Unit 11 is assessed by an assignment set by us, internally assessed by your centre staff and we'll externally moderate it. Your centre staff will internally assess all the other units and we will moderate them.
<b>Grading</b>	The units are graded Pass, Merit and Distinction. The qualification is graded PPP, MPP, MMP, MMM, DMM, DDM, DDD, D*DD, D*D*D, D*D*D*.

<b>Examination resits</b>	Learners can resit an examined unit once before they complete the qualification.
<b>Repeat submission of learners work</b>	If you and the learner feel they haven't performed at their best during the assessment, the learner can, at your discretion, improve their work and resubmit it to you for assessment. You must follow our requirements on authenticity and feedback in section 8.
<b>Employer engagement</b>	It is a requirement that employers are engaged in the delivery of this qualification. Further information can be found in the individual units (where relevant) and in section 5.

## Statement of purpose

### Who is the OCR Level 3 Cambridge Technical Extended Diploma in Sport and Physical Activity Development for?

This qualification is for your learners if they are 16 years old or over and want to develop and apply their 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.

Your learners 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 learners for employment) and takes 1080 guided learning hours to deliver. This means it is equivalent in size to three A-levels and will form a complete two-year study programme.

Learners will 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. Learners will study 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. Learners will also study how to analyse performance using different methods and how to support people in maintaining a fitter, healthier lifestyle. In addition to this, learners will develop transferable skills that employers are looking for such as planning, communication and organisation skills.

Learners 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
- Sport and exercise psychology
- Sport and exercise sociology

These units will support learners in developing additional skills, knowledge and understanding which will allow them to deliver a wider range of sports and physical activities and support development in those sports or activities. They will also develop learners' 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 MY LEARNERS?**

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 C (or equivalent) 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 learners 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 learners 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 learners 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 learners' timetable and can be taken over two years. This gives learners 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 them for further study in the sector.

The Diploma is a Tech Level qualification which allows learners 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 learners' timetable and can be taken over two years. Taking the Diploma would give learners 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 them for further study in the sector.

## 2 About these qualifications

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### Introduction

This handbook contains what you need to know about the planning, delivery and assessment of these qualifications.

For information on how to administer these qualifications please follow the link to OCR's Administration area, <http://www.ocr.org.uk/administration/>

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### Qualification size

The size of the qualification is described in terms of Guided Learning Hours (GLH) and Total Qualification Time (TQT).

GLH indicates the approximate time (in hours) that the learner will be supervised during any teaching, learning or assessment activities. We have worked with people who are experienced in delivering sport and physical activity qualifications to determine what content needs to be taught and how long it will take to deliver.

TQT is comprised of two elements: GLH, and an estimate of the number of hours a learner will reasonably spend on any unsupervised learning or assessment activities (including homework) so they can successfully achieve their qualification.

GLH and TQT for each qualification is given in the 'At a glance' table in section 1.

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### How does it fit into a 16–19 study programme?

The Foundation Diploma (540 GLH) is designed for learners who want to specialise in a particular vocational area. The programme could be taken over one or two academic years.

The Diploma (720 GLH) is designed to be the substantive part of a 16–19 study programme. It can be complemented by other vocational or academic qualifications or non-qualification elements. (By non-qualification elements we mean tutorials, mentoring, work experience, sport, drama, extra-curricular activities, etc.).

The Extended Diploma (1080 GLH) is designed to be a two year study programme. Its size means it's ideal for learners wanting a full-time course that specialises in the sport and physical activity sector and who intend to progress to employment or higher education. It can be complemented by non-qualification elements. (By non-qualification elements we mean tutorials, mentoring, work experience, sport, extra-curricular activities, etc.).

You should make sure you tell learners the title and level of the qualification they've been entered for and that Oxford Cambridge and RSA Examinations (OCR) is the awarding body for their chosen qualification.

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Is there a learner entry requirement?	No, to take these qualifications learners don't need any specific knowledge or skills related to the qualification. Learners should be aged 16 or over.
Do learners need specific prior learning?	<p>No, but it is recommended that learners starting this qualification will have achieved sport or physical education qualifications for example GCSEs in PE at grade C (or equivalent) or above or level 2 vocational qualifications, e.g. OCR Level 2 Cambridge National in Sports Studies or Sport Science.</p> <p>It is also recommended that learners have, or are working towards, a grade C (or equivalent) or above in maths and English GCSEs.</p> <p>We recommend you carry out an initial assessment to make sure learners are capable of reaching the required standards of the qualification they intend to work towards.</p>
How are these qualifications delivered?	<p>You're free to deliver these qualifications using any mode of delivery that meets the needs of your learners but you do have to involve employers in delivering and/or assessing them.</p> <p>Whichever mode of delivery you decide to use, you must make sure learners have appropriate access to the resources they will need to develop the skills, understanding and knowledge and to complete the assessments.</p> <p>We recommend you reference teaching and development of subject content and associated skills to real life situations, using appropriate work-based contexts, delivery personnel who are vocationally experienced and real-life case studies.</p>
What are the requirements for employer involvement?	All learners must undertake meaningful activity involving employers during their study. For more information see 'Involving employers in teaching, learning and assessment' in section 5.
What are the subject knowledge requirements for our centre staff?	Tutors must have the relevant level of subject knowledge and skills to deliver these qualifications.

<p>Are there specific resource requirements for my centre?</p>	<p>Yes, there are specific requirements for some units and we've detailed these in the individual units. For example, for Unit 2, Sports coaching and activity leadership, learners will need access to a participant or group of participants and appropriate facilities in order to deliver sports or activity sessions.</p>
<p><b>Health and safety</b></p>	<p>Please also make sure your learners are provided with appropriate physical resources, such as protective equipment and/or clothing, wherever this is appropriate.</p>
<p><b>Assessment</b></p>	<p>You and your centre must take care and follow all health and safety requirements and quality assurance procedures specific to each practical activity. You must make sure the appropriate health and safety policies are in place for equipment used by learners, even if the equipment isn't specified in the unit content.</p>
<p>How are these qualifications assessed?</p>	<p>These qualifications are assessed using a combination of:</p> <ul style="list-style-type: none"> <li>• external assessment, which we set and mark</li> <li>• internal assessment, where the tutor assesses learners' work which we externally moderate.</li> </ul>
<p>How are these graded?</p>	<p>Every unit achieved will be graded as Pass, Merit, or Distinction.</p> <p>Learners who don't achieve a Pass in a unit will be unclassified. A learner must get at least a Pass for every unit to be awarded the qualification they have entered for.</p> <p>Qualifications are graded using a Pass, Merit, Distinction, Distinction* (and Unclassified) structure.</p> <p>You'll find full details about the rules for achieving a qualification and about grading in section 10 'How to calculate the qualification grade'.</p>

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**Availability and funding** These qualifications are designed to meet the funding requirements of a 16–19 study programme and 19–23 entitlement.

To check if these qualifications are approved for delivery and funding in your country you must visit the following websites for the latest information:

#### England

- [Register of Regulated Qualifications](#) – for England and Northern Ireland
- Department for Education [Section 96](#) – for confirmation of the approval of qualifications to be delivered to specific age ranges.
- [Education Funding Agency](#) for public funding information for learners (0-18) in England
- [Skills Funding Agency](#) for public funding information for learners (19+) in England

#### Wales

- [Qualifications in Wales](#) database (QiW) - for information on approved and designated qualifications in Wales including funding

#### Northern Ireland

- [Register of Regulated Qualifications](#) – for England and Northern Ireland
- [NIEFQAN – Approval of qualifications by the Department of Education in Northern Ireland](#)
- [Department for the Economy](#) for public funding in Northern Ireland

Use the Qualification Number (QN) when you're looking for information on qualification eligibility for public funding.

If you have any queries about funding for these qualifications email us at [funding@ocr.org.uk](mailto:funding@ocr.org.uk).

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#### Delivery in Wales and Northern Ireland

Learners in Wales and Northern Ireland shouldn't be disadvantaged by terms, legislation or aspects of government that are different from those in England.

Where such situations might occur, we've used neutral terms so learners may apply whatever is appropriate and current to their own situation.

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#### Language

These qualifications and any associated assessment materials are available in English only. Only answers provided in English will be assessed.

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Performance information	<p>We've designed these qualifications to meet the Department for Education requirements for qualifications in the Tech Level category of the 16 to19 performance tables.</p> <p>You'll find information on:</p> <ul style="list-style-type: none"><li>• performance tables for England on the <a href="#">Department for Education website</a></li><li>• performance points for Northern Ireland on the <a href="#">Department for the Economy</a> website</li><li>• performance measures for Wales on Qualifications in Wales database (QiW). If you have any queries about this performance information then please email <a href="mailto:ims@wales.qsi.gov.uk">ims@wales.qsi.gov.uk</a>.</li></ul>
Are these qualifications recognised in the UCAS tariff tables?	<p>Yes. You'll find further information on the <a href="#">UCAS website</a>.</p> <p>It's always important for learners to check individual course requirements when applying to university.</p>
Last entry date	<p>These qualifications will continue to be available for entries and certification until we decide they need to be withdrawn.</p> <p>If we're going to withdraw a qualification we'll set an end date for entries and certification and we'll tell you what the arrangements are for the last date to enter learners and make claims for certificates.</p> <p>When we set end dates, you'll be able to see these on the Register of Regulated Qualifications and the Qualifications in Wales database (QiW). If an end date is not specified, it's because the qualification is still available.</p>

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# 3 Qualification resources, support and useful links

Our aim is to provide you with the information and support you need to deliver these qualifications.

## Qualification resources available on our website

### Guide to Examinations

This has been produced to help prepare learners for examinations. It focusses on understanding exam structures and formats and the way learners can support their performance in exams.

### Delivery guide

Each unit delivery guide contains a range of lesson ideas with associated activities you can use with your learners. We've structured the guide by learning outcome so you can see how each activity helps learners cover the specification. The guide also explains key terms and common misconceptions.

### Lesson elements

These are task sheets with accompanying teacher instructions. Each lesson element offers you a creative way of encouraging your learners to engage with the topic, with individual and group exercises, research activities and the opportunity to develop English and maths skills.

### Resources links

For some of the units there is an e-resource that provides you with links to a range of teaching and learning websites and materials for each unit.

### Skills guides

We've written skills guides for you and your learners. They can help review or refresh skills in a variety of areas including:

- managing projects
- research
- referencing (good practice in acknowledging the work of other authors and avoiding accusations of plagiarism)
- command verbs
- examinations.

You can find these on our website <http://www.ocr.org.uk/i-want-to/skills-guides/>.



## Project approach to delivery

A project delivery approach will be available for each pathway. These resources will show you how you can set a sport and physical activity project so that you can deliver the content of a qualification or pathway in a holistic manner. The project approach is another way to involve employers in the delivery of these qualifications.

## Rules of combination calculator

This tool helps you and your learners to make sure that the right number and combination of units is chosen for a selected qualification/pathway.

## Progress tracker

This tool helps you track your learners' progress through their chosen units.

## Sample assessment materials

We only provide sample assessment materials for the externally assessed units. This is because we set the assessment for these units. Sample assessments show you what the assessment will look like, and you can use them as practice materials. Each year we'll make the exams from the previous year available as practice papers.

You can download sample assessment materials and, eventually, past papers from our website at [www.ocr.org.uk](http://www.ocr.org.uk).

## Model assignments

We'll provide model assignments for mandatory internally assessed units. These can be:

- used as they are to assess your learners
- modified to suit your local or regional environment
- used as a guide to help you design your own assignments.

## Assignment checking service

You can develop your own assessment for internally assessed units.

We provide an optional assignment checking service for Cambridge Technicals centres. If you use this service we'll check that the assignment you've designed covers the grading criteria in the unit and allows every learner to reach the highest grade if they demonstrate they have the associated level of knowledge, understanding and skills.

You can find more information about this service (including the price) on the CPD Hub.

## Advisory support

If you are delivering, or intend to deliver, Cambridge Technicals, but would like some additional support, you can take advantage of our Advisory Support services.

Advisory Support covers a variety of topics such as: entry and assessment administration, qualification structure, assessment methods, teaching and learning materials, and delivery ideas.

Support includes downloadable teaching and assessment materials, videos, telephone or WebEx conversation, live on-line training, and face to face CPD.

## CPD Hub

We provide face-to-face courses and live online training events (webinars) where you can benefit from information, advice and guidance from subject experts and network with fellow professionals. We'll also produce presentations and films that provide detailed information and feedback about specifications, grading criteria and candidate performance in past sessions.

Find out about all our current courses on the CPD Hub [www.cpdhub.ocr.org.uk](http://www.cpdhub.ocr.org.uk).

## Online community

To share and swap ideas for delivery, post questions, support other tutors, suggest ideas for employer engagement, share links to other teaching and learning resource and more, visit our online community <http://social.ocr.org.uk/>.

## Useful documents and links

### Key OCR documents

#### *Units*

These are separate documents that you'll find on the qualification page of our website.

#### *Candidate Authentication Statement for OCR Cambridge Technicals*

Learners must sign this statement to confirm that the work they've submitted for assessment is their own. The form is completed when work is submitted for assessment and it can cover more than one unit. Every unit of the learner's qualification must be listed on a Candidate Authentication statement; there doesn't have to be a separate form for each unit.

#### *Centre plan for Meaningful Employer Involvement*

This plan must be completed to show how your centre will make sure every learner undertakes meaningful employer involvement while studying for these qualifications.

#### *Unit Recording Sheets (URS)*

You complete this form to record and justify your assessment decisions. You must fill in a URS for each unit a learner completes and make this available with the work during visiting moderation.

#### *Witness Statement*

You should use this form when you've observed a learner as part of their assessment. Use it to testify or corroborate what has actually been observed by you.

For more information, see 'Witness Statements' in section 8.

## Other useful documents and links

OCR publications	<p><a href="#"><i>What is malpractice?</i></a></p> <p><a href="http://www.ocr.org.uk/administration/">www.ocr.org.uk/administration/</a>.</p> <p>You'll find all the information you need for the administration of these qualifications, including key dates for taking exams.</p>
JCQ publications	<p><i>Access Arrangements and Reasonable Adjustments</i>  <i>A guide to the special consideration process</i>  <i>Instructions for Conducting Examinations</i>  <i>Suspected Malpractice in Examinations and Assessments</i></p> <p>Find these at <a href="http://www.jcq.org.uk">www.jcq.org.uk</a></p>
Regulation and regulatory documents	<p>Regulatory documents - find these at:  <a href="https://www.gov.uk/guidance/regulatory-document-list">https://www.gov.uk/guidance/regulatory-document-list</a></p> <p><a href="#">Register of Regulated Qualifications</a> – for England and Northern Ireland</p> <p><a href="#">Qualifications in Wales</a> database (QiW) - for information on approved and designated qualifications in Wales including funding</p>

## 4 How these qualifications are structured

These qualifications are made up of units which can feature in one or more of the qualifications in the Sport and Physical Activity suite. Learners don't have to achieve the units in any particular order but it's worth noting that the content in mandatory Units 1, 2, 3 and 4 underpins the learning in other units (see Appendix B).

You must consider the relationship between the mandatory units and the others when you plan the learning programme. We strongly recommend that learners achieve these units before being assessed in others.

Unit 11 contains key tasks relevant to the key functions of job roles within the sector and therefore should be taken as the final unit as learners will draw on their skills, knowledge and understanding acquired through other units and apply what they have learned in the assessment of Unit 11.

**When combining units for the chosen qualification, it's your responsibility to make sure the rules for the pathway are followed.**

## Level 3 Cambridge Technical Foundation Diploma in Sport and Physical Activity (540 GLH)

For this qualification learners must follow one specialist pathway and complete units to add up to a minimum of 540 guided learning hours (GLH).

Units are categorised as mandatory and optional units and the specialist pathway affects which units are to be achieved from each category. Units are 30, 60 or 90 GLH.

For the Activity Leadership specialist pathway learners must achieve:

- 360 GLH from 5 mandatory units, and
- 180 GLH from optional units

For the Fitness Instructing specialist pathway learners must achieve:

- 420 GLH from 6 mandatory units, and
- 120 GLH from optional units

For the Recreational Assistant specialist pathway learners must achieve:

- 480 GLH from 7 mandatory units, and
- 60 GLH from optional units

You must consider the relationship between the units when you plan the learning programme. To help you with your delivery planning most units highlight opportunities for applying learning across units (see Appendix B).

Unit 11 should be taken as the final unit as learners will draw on their skills, knowledge and understanding acquired through other units and apply what they have learned.

You must make sure learners meet the requirements for their chosen pathway. We'll endorse their certificate with the pathway they've achieved.

**Key to units for this qualification:**

**M** = Mandatory

Learners must achieve all units

**O** = Optional

Learners must achieve sufficient glh from the optional units to meet the glh requirements from their chosen pathway

**E** = External assessment

We set and mark the exam

**I** = Internal assessment

You assess this and we moderate it

Unit no.	Unit title	Unit ref. no. (URN)	How are they assessed?	Guided learning hours (GLH)	Specialist pathways		
					Activity Leadership	Fitness Instructing	Recreational Assistant
1	Body systems and the effects of physical activity	K/507/4452	E	90	M	M	M
2	Sports coaching and activity leadership	M/507/4453	I	90	M	M	M
3	Sports organisation and development	T/507/4454	E	60	M	M	M
4	Working safely in sport, exercise, health and leisure	A/507/4455	E	90	M	M	M
11	Physical activity for specific groups	R/507/4462	I	30	M	M	M
6	Group exercise to music	J/507/4457	I	60		M	
8	Organisation of sports events	R/507/4459	I	60	O		M
12	Nutrition and diet for sport and exercise	Y/507/4463	I	30	O	O	O
13	Health and fitness testing for sport and exercise	D/507/4464	I	60		O	
14	Working in active leisure facilities	H/507/4465	I	60			M
17	Sports injuries and rehabilitation	T/507/4468	I	60	O	O	O
18	Practical skills in sport and physical activities	A/507/4469	I	60	O		O

To achieve this qualification there is mandatory content in each specialist pathway that all learners must have successfully mastered. This content is shown in the table above by an **M** and its contribution to the overall grade for each pathway is as follows:

Activity Leadership 66.7%

Fitness Instructing 77.8%

Recreational Assistant 88.9%

You can download the units from our qualification webpage.

## Level 3 Cambridge Technical Diploma in Sport and Physical Activity (720 GLH)

For this qualification learners must follow one specialist pathway and complete units to add up to a minimum of 720 guided learning hours (GLH).

Units are categorised as mandatory and optional units and the specialist pathway affects which units are to be achieved from each category. Units are 30, 60 or 90 GLH.

For the Sports Coaching specialist pathway learners must achieve:

- 600 GLH from 9 mandatory units, and
- 120 GLH from optional units

For the Personal Training specialist pathway learners must achieve:

- 540 GLH from 8 mandatory units, and
- 180GLH from optional units

Unit 11 should be taken as the final unit as learners will draw on their skills, knowledge and understanding acquired through other units and apply what they have learned.

You must make sure learners meet the requirements for their chosen pathway. We'll endorse their certificate with the pathway they've achieved.

### Key to units for this qualification:

**M** = Mandatory

**O** = Optional

**E** = External assessment

**I** = Internal assessment

Learners must achieve all units

Learners must achieve sufficient glh from the optional units to meet the glh requirements from their chosen pathway

We set and mark the exam

You assess this and we moderate it

Unit no.	Unit title	Unit ref. no. (URN)	How are they assessed?	Guided learning hours (GLH)	Specialist pathways	
					Sports Coaching,	Personal Training
1	Body systems and the effects of physical activity	K/507/4452	E	90	M	M
2	Sports coaching and activity leadership	M/507/4453	I	90	M	M
3	Sports organisation and development	T/507/4454	E	60	M	M
4	Working safely in sport, exercise, health and leisure	A/507/4455	E	90	M	M
11	Physical activity for specific groups	R/507/4462	I	30	M	M
5	Performance analysis in sport and exercise	F/507/4456	I	60	M	
6	Group exercise to music	J/507/4457	I	60		M
7	Improving fitness for sport and physical activity	L/507/4458	I	60		M
8	Organisation of sports events	R/507/4459	I	60	M	
10	Biomechanics and movement analysis	L/507/4461	I	60	O	O
12	Nutrition and diet for sport and exercise	Y/507/4463	I	30	O	O
13	Health and fitness testing for sport and exercise	D/507/4464	I	60	O	M
17	Sports injuries and rehabilitation	T/507/4468	I	60	M	O
18	Practical skills in sport and physical activities	A/507/4469	I	60	M	
19	Sport and exercise psychology	M/507/4470	I	60	O	O

To achieve this qualification there is mandatory content in each specialist pathway that all learners must have successfully mastered. This content is shown in the table above by an **M** and its contribution to the overall grade for each pathway is as follows:

Sports Coaching 83.3%

Personal Training 75%

You can download the units from our qualification webpage.



## **Level 3 Cambridge Technical Extended Diploma in Sport and Physical Activity Development (1080 GLH)**

For this qualification learners must complete units to add up to a minimum of 1080 guided learning hours (GLH).

Units are categorised as mandatory and optional units, units are to be achieved from each category. Units are 30, 60, 90GLH.

Learners must achieve:

- 840 GLH from 13 mandatory units, and
- 240 GLH from optional units

Unit 11 should be taken as the final unit as learners will draw on their skills, knowledge and understanding acquired through other units and apply what they have learned.

### Key to units for this qualification:

**M** = Mandatory

Learners must achieve all units

**O** = Optional

Learners must achieve units totalling a minimum of 240 GLH

**E** = External assessment

We set and mark the exam

**I** = Internal assessment

You assess this and we moderate it

Unit no.	Unit title	Unit ref. no. (URN)	How are they assessed?	Guided learning hours (GLH)	Mandatory or optional
1	Body systems and the effects of physical activity	K/507/4452	E	90	<b>M</b>
2	Sports coaching and activity leadership	M/507/4453	I	90	<b>M</b>
3	Sports organisation and development	T/507/4454	E	60	<b>M</b>
4	Working safely in sport, exercise, health and leisure	A/507/4455	E	90	<b>M</b>
5	Performance analysis in sport and exercise	F/507/4456	I	60	<b>M</b>
6	Group exercise to music	J/507/4457	I	60	<b>O</b>
7	Improving fitness for sport and physical activity	L/507/4458	I	60	<b>M</b>
8	Organisation of sports events	R/507/4459	I	60	<b>M</b>
10	Biomechanics and movement analysis	L/507/4461	I	60	<b>O</b>
11	Physical activity for specific groups	R/507/4462	I	30	<b>M</b>
12	Nutrition and diet for sport and exercise	Y/507/4463	I	30	<b>M</b>
13	Health and fitness testing for sport and exercise	D/507/4464	I	60	<b>O</b>
14	Working in active leisure facilities	H/507/4465	I	60	<b>M</b>
17	Sports injuries and rehabilitation	T/507/4468	I	60	<b>M</b>
18	Practical skills in sport and physical activities	A/507/4469	I	60	<b>M</b>
19	Sport and exercise psychology	M/507/4470	I	60	<b>O</b>
20	Sport and exercise sociology	T/507/4471	I	60	<b>O</b>
21	The business of sport	M/615/1462	E	90	<b>M</b>

To achieve this qualification there is mandatory content that all learners must have successfully mastered. This content is shown in the table above by an **M** and its contribution to the overall grade is 77.8%

You can download the units from our qualification webpage.

# 5 Preparing for qualification delivery and assessment

## Centre and centre assessor responsibilities

Before you plan to seek approval from us to offer these qualifications you must be confident your centre can fulfil all the responsibilities described below.

The quality of the delivery of teaching and the integrity of assessments and quality assurance is paramount. Systems have to be in place so that assessments are fair, valid, reliable, authentic and sufficient. One of the key factors behind valid, fair and reliable assessment is the expertise of those doing the assessment and internal quality assurance.

With this in mind here's a summary of the responsibilities that your centre and centre assessors **must** be able to fulfil:

- there are enough trained or qualified people to:
  - teach and assess the expected number of learners you have in your cohorts
  - internally standardise the number of assessors assessing units you offer
- all teaching staff have the relevant level of subject knowledge and skills to deliver the units you plan to offer and will fully cover the supporting knowledge, understanding and skills requirements for each unit
- any necessary resources are available for teaching and for assessment activities, to give learners every opportunity to meet the requirements of the unit and reach the highest grade possible
- there's a system of standardisation in place so that all assessment decisions for internally assessed units are consistent, fair, valid and reliable (see 'centre standardisation' in section 8)
- there's enough time for effective teaching, assessment and internal standardisation
- every learner undertakes meaningful activity involving employers while they're studying for their Cambridge Technical Foundation Diploma or Diploma in Sport and Physical Activity or the Extended Diploma in Sport and Physical Activity Development
- the OCR 'Centre plan for Meaningful Employer Involvement' is completed; see 'Involving employers in teaching, learning and assessment' later in this section
- processes are in place to make sure that learners' work is authentic (see 'authenticity of learners' work' in section 8)
- any materials we provide for assessment of internally assessed units cannot be used for practice and then used again, without change, for summative assessment (see section 8)
- for internally assessed units you comply with our requirements for giving feedback to learners (see section 8)
- for internally assessed units that grades are correctly recorded in all records and accurately transcribed to the claim being submitted to us

- exams must be conducted so they comply with the JCQ *Instructions for Conducting Examinations*
- a declaration is made at the point you're submitting any work to us for assessment that confirms:
  - all assessment is conducted according to the specified regulations identified in the Administration area, <http://www.ocr.org.uk/administration/>
  - learners' work is authentic
  - grades have been transcribed accurately when completing our claim documentation
- centre records and learners' work is kept according to the requirements below:
  - learners' work must be kept until after their qualifications have been awarded and any appeals processed. We will not consider any appeals if the centre does not keep the work.
  - internal standardisation and assessment records must be kept securely for a minimum of three years after the date we've issued a certificate for a qualification.

**Centre assessors**, who are responsible for assessing learners' evidence for internally assessed units, must make sure that:

- learners understand what they need to do to meet the grading criteria and produce valid and sufficient evidence
- learners have access to resources they need to meet the grading criteria and produce evidence
- any assessment guidance is referred to when making assessment decisions
- learners know they must comply with the Data Protection Act when they're producing work for assessment. Learners must not reference another individual's personal details in any evidence produced for summative assessment. It's the learner's responsibility to make sure evidence that includes another individual's personal details is anonymised
- learners' work is authentic
- the learner has completed a Candidate Authentication Statement which covers every unit
- they judge learners' work against the grading criteria we provide for the units
- they record their assessment decisions and justify the grade put forward for moderation using our unit recording sheet (URS) - we provide one for each unit
- they give an appropriate level of feedback to learners, and record what feedback has been given as part of the summative assessment
- they liaise with other assessors in the centre to make sure assessment decisions are to the required standard (see 'centre standardisation' in section 8)
- they confirm the unit grade for the learner after internal standardisation (assessors can let the learner know which grade has been given but that it can't be confirmed until after our moderation)

- all relevant evidence is present and reflects centre assessment decisions against the grading criteria (and the candidate authentication statement is available) before the unit is claimed

## Guidance for delivery

The guidance about how to deliver these qualifications isn't exhaustive. You should tailor your delivery so it meets the interests and needs of your learners and local and regional employers.

You're free to deliver these qualifications using any mode of delivery that meets the needs of your learners. Whichever mode you use, your learners must have appropriate access to the resources they need to complete their learning and carry out their assignments for assessment.

You should consider the learner's complete learning experience when you're designing learning programmes. These qualifications can be part of a 16–19 study programme and there'll be ways to integrate learning required for other qualifications or to develop and maintain the skills that are essential for further study and work. For example, we know it's important to keep developing English and maths skills after GCSE. We'll help you with your curriculum planning by signposting opportunities for English and maths skills practice in the delivery guides for each unit. You can access the delivery guides from the Sport and Physical Activity qualification page of our website.

A project-based approach to teaching and learning is an ideal way to deliver these qualifications holistically, and we will help you develop your approach through our resources. We've talked with centres who deliver our qualifications about the benefits of a project-based approach to learning. They've told us:

- it reinforces a synoptic application of skills and knowledge
- it's relevant to and reflective of work
- it makes the process of learning and application more meaningful and motivating.

We've designed these qualifications to facilitate this.

## Involving employers in teaching, learning and assessment

We've worked with sport and physical activity businesses to make sure the learning is relevant for 18-year-olds who are going on to work in this sector.

It's essential that learners appreciate how the knowledge, understanding and skills they acquire are applied in the workplace. Involving employers also creates an engaging and motivating link to work. To this end, we will require you to involve employers in the teaching, learning and/or assessment when delivering these qualifications.

**All learners must engage in activities related to learning and/or assessment where an employer has made a contribution to the activity. The employer must be directly involved in the sport and physical activity sector.**

We don't prescribe the amount of employer involvement but it must be significant and by that we mean it must cover one or more elements of the qualification's mandatory content. You don't have to involve employers in the delivery or assessment of every mandatory unit; we recognise it may not be possible to do this.

We require you to complete a plan of how you will do this and to sign a declaration to confirm that every learner has had access to meaningful employer involvement. You must complete the OCR 'Centre plan for Meaningful Employer Involvement' and make this available at each moderation session. You will find the plan on the qualification page of the OCR website.

Your moderator will review and report on your completion of the 'Centre plan for Meaningful Employer Involvement'. We will impose sanctions if you don't secure meaningful employer involvement for every learner. This could mean you receive a written warning from us or, if the plan is not completed, result in us withdrawing your centre approval to deliver the Cambridge Technical Foundation Diploma or Diploma in Sport and Physical Activity or the Extended Diploma in Sport and Physical Activity Development.

Here are eligible activities all of which are capable of covering one or more elements of the mandatory content.

You can choose those that are best suited to your learners and local circumstances. The units give specific examples.

- We allow you to design your own assignments for summative assessment and you could involve employers to help identify a scenario on which to base the assignment – a context for carrying out tasks, creating requirements for a solution that's needed, identifying a problem to be solved – and the tasks to be completed.
- An employer could demonstrate the use of equipment and software used to analyse performance in sport and present about the different technologies they use, how and why they made their choices and the impact of using these approaches. Or, employers could support delivery by providing information for teaching materials.
- While these qualifications don't call for work experience, there are practical elements in many of the internally assessed units that allow a learner to consolidate their learning and further develop their skills, knowledge and understanding if the work experience element of their study programme is directly relevant to their Cambridge Technical qualification. Work they undertake during work experience could contribute to the evidence for summative assessment. You must plan this with the learner and employer so the work allows the learner to cover the requirements of the unit and you're able to authenticate it. (Work experience only meets the requirement for employer involvement if it's relevant to their Cambridge Technical in Sport and Physical Activity.)
- Employers could act as an expert witness and comment on the learner's use of skills, knowledge and understanding to complete a task or tasks that contribute to the assessment of their performance. Witnesses must comment on what they've observed the learner doing. It's the responsibility of the centre assessor to assess if what the learner has done meets the requirements of the unit.

The following activities, while valuable and still worth arranging, are **not** considered as meeting the requirement:

- simulated or provider-based working environments, for example, small manufacturing units, car servicing facilities, salons and shops
- employers hosting visits, providing premises, facilities or equipment
- employers or industry practitioners providing talks or contributing to delivery on employability, general careers advice, CV writing or interview training
- learners going to career fairs, events or other networking opportunities
- employers providing learners with job references.

## Important information on teaching content in units

### (The use of i.e. /e.g. in teaching content)

The teaching content in every unit tells you what you have to teach to make sure learners can access the highest grades.

Anything which follows an i.e. details what you must teach as part of that area of content.

Anything which follows an e.g. is illustrative. Where we use e.g., learners must know and be able to apply relevant examples in their work, although these don't need to be the same ones specified in the unit content.

For internally assessed units you need to make sure that any assignments you create, or any modifications you make to an assignment, don't expect the learner to do more than they've been taught, but must enable them to access the full range of grades as described in the grading criteria.

For externally assessed units, where the content contains i.e. and e.g. under specific areas of content, we'll follow these rules when we set questions for an exam:

- we may ask a direct question about unit content that follows an i.e.
- where we show unit content as an e.g. a direct question will not be asked about that example. Any questions about the area of content will give learners the opportunity to provide their own examples as the unit has not specified which examples they should be familiar with.

## Initial assessment of learners

It's important that you carry out an initial assessment to identify learners' levels of knowledge and understanding and any potential gaps that need to be addressed. This will also:

- help you and the learners to identify the most appropriate optional units or qualifications
- allow you to plan the assessment
- help learners understand the best place to start generating evidence.

## Prior knowledge and experience

Of course learners may have already gained a lot of relevant knowledge and experience that you should take into account. This is particularly relevant where they're studying part-time while in work.

Recognition of prior learning (RPL) is the process for recognising learning that never received formal recognition through a qualification or certification. This includes knowledge and skills gained in school, college or university and outside formal learning situations. Evidence can draw on any aspect of a candidate's prior experience including:

- domestic/family life
- education
- training

- work activities
- voluntary activities.

It's important you make it clear to learners that the RPL process is about how they've acquired the knowledge, understanding or skills; it doesn't mean they're exempt from the assessment. In no circumstance does the RPL process mean that any required qualification assessments can be avoided e.g. mandatory exams, practical/theory tests or assignments.

Evidence obtained through the RPL process must be assessed, to the same rigorous quality as evidence obtained through any other process.

RPL allows an individual to avoid unnecessary learning and we encourage the use of it in relation to the internally assessed units. Please let your learners know they can bring forward any relevant learning so it can be assessed against the grading criteria specified in the internally assessed unit(s) they aim to complete.

We ask you to judge the relevance of every aspect of a learner's prior learning (including how current and relevant it is) to the unit being assessed, before we moderate the assessment.



## 6 Synoptic assessment

Synoptic assessment is a feature of these qualifications and it requires learners to use an appropriate selection of their skills, knowledge and understanding, acquired through all of the units that make up their qualification, in an integrated way and apply them to a key task or tasks.

This helps learners to develop their appreciation and understanding of the connections between the different elements of learning in these qualifications to help make their curriculum meaningful and better prepare them for employment in the sport and physical activity sector.

Everyone working in the sport and physical activity sector needs to have a good grasp of human anatomy and physiology and how participation in physical activity effects the body systems, how to plan and deliver safe and effective sport and physical activities and how sport in the UK is organised and the purpose of sports development, including increasing levels of participation. The learners will develop these skills, knowledge and understanding in the mandatory units, Unit 1 Body systems and the effects of physical activity; Unit 2 Sports coaching and activity leadership; Unit 3 Sports organisation and development and Unit 4 Working safely in sport, exercise, health and leisure. For example, learners will need to apply knowledge of joint movements covered in Unit 1 as they study Unit 10 Biomechanics and movement analysis.

There are three pathways within the Foundation Diploma: Activity Leadership, Fitness Instructing and Recreational Assistant, two pathways within the Diploma: Sports Coaching and Personal Training and a single qualification for the Extended Diploma in Sport and Physical Activity Development. For each qualification, Unit 11 Physical activity for specific groups requires learners to use skills, knowledge and understanding from their other units.

The task that learners complete Unit 11 can be contextualised depending on the pathway/qualification that the learner is following. For example learners following the:

- Activity leadership pathway might plan a multi-sport activity session for an individual from a specific group to participate in
- Fitness Instructing pathway might plan an exercise to music session for an individual from a specific group to participate in
- Recreational Assistant pathway might plan an event to be held within an active leisure facility for an individual from a specific group to participate in (e.g. swimming gala, 5-a-side football tournament)
- Sports Coaching pathway might plan a sports coaching session for an individual from a specific group to participate in
- Personal Training pathway might plan a fitness training session for an individual from a specific group to participate in
- Extended Diploma qualification might identify a specific group in their area that need support to develop sport and physical activity opportunities and plan events and activities around this.

In the centre-assessed units, there are times when the learner has to use their learning from other units. You'll see this synoptic assessment indicated with an asterisk (\*), in the grading grid e.g. P1\*.

For example, Unit 12 Nutrition and diet for sport and exercise, Pass criterion P2 requires application of knowledge, understanding and skills from LO5 (Understand the different energy systems in relation to exercise and physical activity) in Unit 1 Body systems and the effects of physical activity. This in turn will support learning and assessment in units where physical activity is planned, delivered or participated in as the learner will be able to select appropriate activities based on the diet of the participant(s) (e.g. Unit 6 Group exercise to music, Unit 7 Improving fitness for sport and physical activity, Unit 11 Physical activity for specific groups).

## **Synoptic assessment in externally assessed units**

Ten per cent of the marks in each examination for Unit 3 will be allocated to synoptic application of knowledge. There will be questions that draw on knowledge and understanding from Unit 1 (Body systems and the effects of physical activity) and/or Unit 2 (Sports coaching and activity leadership) that then has to be applied in the context of the unit being assessed.

For example, in the sample assessment material for Unit 3 Sports organisation and development, Questions 2(c) and 4(b) require the application of knowledge and understanding from LOs 3 and 4 respectively in Unit 2 Sports coaching and activity leadership. In the sample paper, we've mapped this as such in the mark scheme.

## **Other opportunities for applying learning across units**

It will be possible for learners to make other connections between other units over and above the unit containing the key tasks. We have indicated where these links are by using asterisks in the grading criteria (P1\*) in each unit and in an overview in Appendix B.

This may also help with planning teaching and delivery.

# 7 External assessment

## Summary of the externally assessed units

<b>Unit 1</b> Body systems and the effects of physical activity	
90 GLH 1 hour 30 minutes written paper 70 marks OCR set and marked	<ul style="list-style-type: none"><li>Comprises multiple choice questions, short answer questions and questions requiring more extended responses</li></ul>
<b>Unit 3</b> Sports organisation and development	
60 GLH 1 hour written paper 60 marks OCR set and marked	<ul style="list-style-type: none"><li>comprises short answer questions and questions requiring more extended responses</li></ul>
<b>Unit 4</b> Working safely in sport, exercise, health and leisure	
90 GLH 1 hour 30 minutes written paper 70 marks OCR set and marked	<ul style="list-style-type: none"><li>comprises short answer questions and questions requiring more extended responses</li></ul>
<b>Unit 21</b> The business of sport	
90 GLH 1 hour 30 minutes written paper 70 marks OCR set and marked	<ul style="list-style-type: none"><li>Comprises multiple choice, short answer questions and questions requiring more extended responses</li></ul>

There's one resit opportunity for all examined units.

## Learning Outcome weightings

Each Learning Outcome (LO) in an externally assessed unit is given a percentage weighting. This reflects the size and demand of the content you need to cover and its contribution to the overall understanding of the unit. You'll find the weightings for each LO in the externally assessed units.

## How these units are assessed

These units are available as timetabled examinations. We set the dates.

Achievement at unit level is graded as Pass, Merit or Distinction based on reaching the required grade boundary marks for each unit. If a learner doesn't achieve the mark required for a 'Pass' grade we'll issue an unclassified result for that unit.

We'll assess these qualifications in accordance with Ofqual's General Conditions of Recognition.

Your centre must provide appropriate assessment facilities for learners that comply with the JCQ [Instructions for Conducting Examinations](#).

## Availability of external assessment

There are two examination series each year in January and June. You can enter your learners for different units in different exam series. You'll find full details in the *Administration area*, <http://www.ocr.org.uk/administration/>.

## Resitting external assessment

Learners can resit an examined unit once before they complete the qualification. We'll use the best unit result from either sitting to calculate the certification result.

Your centre must make sure that when arranging resit opportunities you don't adversely affect other assessments being taken.

Arranging a resit opportunity is at your centre's discretion. You should only plan resits if it's clear the learner has taken full advantage of the first assessment opportunity and formative assessment process.

## Reporting suspected malpractice

For more information about suspected malpractice see [section 8](#).

# 8 Internal assessment

## Assignments for internal assessment

We recommend using assignments to assess learners for the internally assessed units.

An assignment has a set of related tasks with a common purpose or work-relevant reason for the learner to apply the knowledge, understanding and skills to achieve a unit. It acts as a stimulus to give learners the opportunity to generate evidence that meets the grading criteria.

The common purpose or work-relevant reason could be a scenario, a case study or brief that sets out the circumstances or reasons for completing the tasks. A scenario could describe the requirements for a solution to a problem (e.g. how to engage a particular social group in physical activity) or a case study could be used to inform a proposal (e.g. a case study on the physical and psychological effects of an injured sports performer to determine the best way to treat their injury).

You are free to create your own assignments to reflect the local or regional needs that are most relevant to your centre. There are more details in the next section.

We'll provide model assignments for the mandatory units that are internally assessed. Our model assignments can be:

- used as they are to assess your learners
- modified to suit your local or regional environment
- used as a guide to help you design your own assignments.

These qualifications are ideal for delivering through a project-based learning programme so you can carry the project-based approach through to the assessment.

## Designing your own assignments for internally assessed units

We provide an assignment checking service for Cambridge Technicals centres. When you use this service, we check that the assignment you've designed covers the grading criteria in the unit and allows every learner to reach the highest grade if they demonstrate they have the associated level of knowledge, understanding and skills. You'll find details of how to request this service on our CPD Hub.

When designing assignments you must:

- write tasks in a way that makes it clear to the learner what they must do. Don't structure tasks so they give step-by-step instructions, repeat the learning or themes of the learning, or be so prescriptive or detailed that they give the answer to the learner. Tasks must allow the learner to decide how to approach the task (what they do in what order), meaning that they can apply their learning
- set tasks that reflect the command verbs used in the grading criteria. For example, where we ask for an evaluation, the task you set must allow for a qualitative judgement to be made, taking into account different factors and using available knowledge, experience and evidence. There is a command verb glossary on the Sport and Physical Activity qualification page of our website.

- only specify the format of evidence when it's a requirement of the grading criteria or learning outcome. For example, for a unit on marketing where the grading criteria are about messaging, inference and persuasion in text you could ask learners to produce the content of a webpage rather than ask them to create a webpage itself
- avoid the need for excessive amounts of evidence. For example, a report can be a good way to pull together the evidence to meet several grading criteria
- make sure every learner is able to produce their own evidence. For example, if the task is to diagnose a fault in a piece of equipment and learners are given equipment to assess you have to be able to verify that the learner diagnosed the fault themselves. This could mean observing each learner or asking additional questions on how they made the diagnosis. The evidence produced will also need to demonstrate that this is what took place, through the use of witness statements, for example.
- tell learners how long they should expect to spend on each task. This is for guidance, learners must be allowed sufficient time to complete the tasks. The amount of time will vary depending on the nature of the tasks and the ability of individual learners.
- make sure every learner has access to the appropriate resources needed to complete the tasks
- make every effort to make sure materials:
  - support equality and diversity in the language used, in the type of tasks set and in the scenarios provided
  - are free from discrimination and stereotyping of groups or individuals on the basis of, for example, gender, ethnicity, political beliefs, cultural background.

Finally, you don't have to set the same assignment for every learner in the cohort. If a learner has work experience where they can generate evidence towards some or all of a unit you can work with the employer to tailor an assignment and enable that to happen. You can also cover more than one unit in an assignment.

## Assignments for practice

You **cannot** use assignments you're going to use for summative assessment as practice materials. (Summative assessment is the assessment of learning; it's a measure of a learner's achievement and you use it as the formal assessment of a learner's knowledge, understanding and skills.)

Changing the context of an assignment will help you to manage this. If a unit calls for the learner to do a cost analysis, a practice task will of course ask them to do this. If you've provided the data they need to analyse for practice then change the data for the summative assessment. If the learner has to generate data about a specific product before analysing it, then change the product to one that will generate different data.

## Internal assessment and external moderation: a summary of how it works

The key features of assessment and moderation for the internally assessed units are:

- you can create assignments to assess your learners against the requirements of a unit
- where possible, assessors should draw on learners' work-based opportunities to generate evidence
- assessment of internally assessed units can take place at a time to suit you and your learners
- work for assessment is centre-assessed and assessment decisions are internally standardised within your centre
- your centre's assessment decisions are externally moderated by one of our visiting moderators
- if your centre-assessed work doesn't meet the requirements determined by the learning outcomes and grading criteria of the unit(s), the unit grade(s) will be adjusted.

Your centre will need to identify staff that will act as centre assessors. They must have suitable subject knowledge and experience to be able to make judgements about learners' achievements against the grading criteria of the unit.

You must have an effective system set up for recording assessment decisions, including decisions made during internal standardisation. Assessors must record the feedback given to learners.

You should record your comments on the Unit Recording Sheets, which you can download from the qualification webpage.

You must make sure assessment records are fully auditable. Our moderator must be able to see, for each unit, evidence of:

- who assessed the learner
- what was assessed, i.e. the unit evidence
- when the assessment took place
- what feedback was given to the learner
- when centre assessment decisions were internally standardised and by whom
- what feedback was given to the assessor, including if they agree with the assessment decision or not (and why), as well as any action points that need addressing prior to submission for moderation and/or recommendations for future consideration.

## Centre standardisation

If your centre has a number of staff acting as assessors for these qualifications, you **must** carry out internal standardisation to make sure all learners' work is assessed consistently to the required standard. We have a guide on how internal standardisation may be approached on our webpages for Cambridge Technicals.

If you're the only assessor in your centre for these qualifications, then it's still advisable to make sure your assessment decisions are internally standardised by someone else either in your centre or another centre. This should be someone who has experience of the nature of these qualifications, (e.g. is delivering a similar qualification in another subject) or has relevant subject knowledge. You should ask them to review a sample of the assessments. Please note we are not able to provide information or contact details of centres offering this qualification.

You must keep evidence of your internal standardisation in the centre for the moderator to see.

So there's a consistent approach to internal standardisation, you might decide to nominate an 'Internal Quality Assurer' (IQA).

Whoever is responsible for internal standardisation must make sure all assessors are assessing to the required standard and that all assessment decisions are fair, valid and reliable.

To do this they must:

- advise on interpretation of the standards, including feedback from previous assessments (where relevant)
- co-ordinate assessment practice
- provide advice and support to assessors
- monitor and observe assessment practice to make sure that all assessments are in line with the required standards
- sample assessments to confirm assessors' judgements across all units and all grades
- make sure feedback is given to all assessors and documented, e.g. records of feedback
- suggest ways in which assessment may be brought into line to meet the required standard
- check that all units and all grades have been included in internal standardisation
- maintain assessment documentation
- organise regular standardisation meetings/activities/events in your centre
- identify assessor development needs
- act as arbitrator for any disagreements in outcomes of assessments, including appeals.



## Taking assignments and assessing learners' work

Learners can take assignments for internally assessed units at any time within the study programme. We can moderate your claims for internally assessed units when you're ready.

We'll arrange a date to visit that is suitable for both you and our moderator.

You must plan when you expect your learners to be ready for assessment. Learners can repeat an assignment if they have not performed at their best, but you must use your discretion as to whether or not this is in their best interests. We strongly advise that you leave time in your planning in case an assignment needs to be repeated.

## Authenticity of learners' work

Every learner must produce their own work independently. You must put in place appropriate mechanisms to make sure that you can be confident that the work you accept as evidence of a learner's achievement is their own.

You must:

- make sure learners and centre assessors understand what constitutes plagiarism and not accept plagiarised work as evidence
- be able to distinguish individual contributions from group work
- use supervision and questioning as appropriate to confirm authenticity
- make sure learners and centre assessors confirm the work is the learner's own.

## Plagiarism

Work must be free from plagiarism. Plagiarism is the submission of someone else's work as your own and/or failure to acknowledge a source correctly. Plagiarism makes up a large percentage of cases of suspected malpractice reported to us by moderators. You must make sure you don't accept plagiarised work as evidence.

In line with the policy and procedures of JCQ on suspected malpractice, the penalties applied for plagiarism would usually result in the claim not being allowed.

Plagiarism often occurs innocently when learners don't know that they must reference or acknowledge their sources, or aren't sure how to do so. It's important to make sure your learners understand:

- the meaning of plagiarism and what penalties may be applied
- that they can refer to research, quotations or evidence produced by somebody else but they must list and reference their sources
- quoting someone else's work, even when it's properly sourced and referenced, isn't an indication of understanding. The learner has to 'do' something with that information to show they understand. For example, if a learner has to analyse data from an experiment, quoting data doesn't show that they understand what it means. The learner has to interpret the data and, by relating it to their assignment, say what they think it means.

We have a guide to referencing on our website see [The OCR Guide to Referencing:   
http://www.ocr.org.uk/i-want-to/skills-guides/](http://www.ocr.org.uk/i-want-to/skills-guides/).

## Group working

Your learners can work collaboratively or in groups to carry out work towards assessment tasks. However, you must make sure that each learner generates their own individual evidence to show they've met the grading criteria.

When working in a group, all learners in the group should have a responsibility and/or a role that gives them the opportunity to generate individual evidence for assessment. For example, if the unit requires learners to plan the organisation of an activity this could be managed in a group discussion. The group discusses ideas for the activity, organisational requirements, roles and responsibilities to complete the activity, etc. All learners must show that they've the skill of planning so all members of the group must take part in the discussion. If three members of the group contributed to the discussion and one member took notes but did not contribute to the discussion, their note taking would **not** be considered a contribution towards planning.

## Supervision

We recognise that you might not be able to invigilate or directly supervise every learner as they complete their assignment. Learners can complete their assignments in their own time, at the centre or at home. If you can't supervise, you must use enough checks so you're confident the learner's work is authentic. For example, you can use questioning to confirm the depth and breadth of their understanding of the topic they've covered in a specific piece of work.

## Use of questioning

Asking a learner questions will help you determine if the work is their own. If you haven't been able to supervise the learner, then asking questions, for example, about how they've done the work, what processes they went through to produce it and how they've related that to the assignment, should give you a clear indication as to whether or not they've done the work themselves.

## Learner and centre declaration

All learners must complete a declaration to confirm that the work they've submitted is their own. **They must do this to cover every unit.** We provide a Candidate Authentication Statement for you to use for this purpose. You'll find it on our website.

We'll also ask you to confirm this declaration when making a unit claim.

## Feedback to learners

You can discuss work-in-progress towards summative assessment with learners to make sure it's being done in a planned and timely manner. It also provides an opportunity for you to check the authenticity of the work. You must intervene if you feel there's a health and safety risk.

Feedback mustn't provide specific advice and guidance that would be construed as coaching as it would compromise the learner's ability to independently perform the task(s) they are doing and constitutes malpractice.

You can annotate your feedback on the learners' original work submitted for assessment or you can record it in your own separate document (whichever method you use it must be available to our moderator).

Your feedback should:

- be supportive, encouraging and positive
- inform the learner of what you've noticed, not what you think (for example if you have observed the learner completing a task you can describe what happened, what was produced and what was demonstrated).

Your feedback can:

- identify that the learner hasn't met the command verb. For example, 'This is only a description, not an evaluation'
- identify what area of work could be improved but not detail how to improve it. You can remind learners about what they were taught but not how to apply it to improve the work.

Your feedback must not:

- be so detailed that it provides a step-by-step guide on what to do
- coach the learner on how to achieve or complete the task
- provide detail on where to find information/evidence.

**In other words, your feedback mustn't tell the learner what they need to do to improve their work. The learner needs to think how to apply their learning and your feedback. You mustn't do the work for them.**

## Taking an assignment for summative assessment

You must provide your learners with the relevant resources they need to do the assignment. This could include:

- specialist equipment
- software
- people/participants
- practical space.

When learners are working on their evidence you can ask questions about what they're doing to encourage them, make sure they understand what the tasks are and check they're making progress. You can't tell them how to complete the tasks in a way that would be tantamount to doing the work for them. You mustn't coach learners when they're doing their assignment for assessment, as this would give them an unfair advantage. Please see the previous section 'Feedback to learners'.

You should set a realistic date for submitting the assignment, having considered the purpose of the unit and how that might affect timescales. We don't specify what the submission time for the assignment should be – we think it's best to leave this decision to your professional judgement.

## What evidence is needed to assess a learner?

The learner's evidence should be in an appropriate format to demonstrate their skills, application of knowledge and understanding as specified in the grading criteria for a unit.

You should discuss with learners what the most suitable sources of evidence are. It isn't the quantity of the evidence they've produced that's important - it's the quality and breadth, that they've produced it themselves, and that it meets the grading criteria.

Evidence could be written work, audio/visual recordings, digitally formatted documents, a product or photographs of the product.

Evidence can come from a number of sources. The main ones are:

- outcomes of assignments, tasks or work-based activities (through projects or real work)
- observation of practice
- responses to questions
- witness statements.

Learners should make sure their work is clearly presented, referenced and ordered to help in the assessment.

The same evidence can contribute to more than one unit as long as it clearly meets the relevant grading criteria. For moderation, it must be clear which part of that evidence meets each unit.

Learners mustn't reference another individual's personal details in any evidence produced for summative assessment. It's the learner's responsibility to make sure evidence that includes another individual's personal details is anonymised to comply with the Data Protection Act.

### Witness statements

Witness statements can be a useful way of providing supporting evidence where a skill is being used which isn't easily represented in portfolio evidence. They're supplementary evidence of what the learner has done and are to be used in conjunction with other evidence. For example, a witness statement could support evidence of a learner delivering a presentation alongside the actual presentation and speaker notes.

Witness statements should be suitably detailed, for each learner, to enable the centre assessor and our moderator to determine if the grading criteria have been met. You should use the witness statement template available on our website.

## Assessing work for (summative) assessment

Once your learners have completed everything they need to do for their assignment, they must submit their work to you to be assessed. You must be convinced, from the evidence presented, that learners can work independently to the required standard.

You must judge or 'mark' the work against the grading criteria for the unit and identify a grade. Please annotate the work to show where the evidence indicates they've achieved the grading criteria. Your centre must internally standardise the assessment decisions for the cohort and do this before you give feedback to the learner.

When you're confident the learner has demonstrated that they've met all the requirements of the unit, for at least a pass grade, you can submit a claim to us for moderation.

You mustn't add, amend or remove any work after it's been submitted to us for final assessment.

## Resubmitting work for (summative) assessment

If you and the learner feel they haven't performed at their best during the assessment, the learner can, at your discretion, improve their work and resubmit it to you for assessment. You must be sure it's in the learner's best interests to re-attempt the assessment.

You should set a realistic date for the resubmission of work having considered the purpose of the unit and what the learner intends to improve. You must record the reasons why you've allowed them to resubmit in your centre's assessment decision records. You must also follow our guidelines on giving feedback and record the feedback you give them on the original work. We monitor the assessment decisions you make.

You mustn't encourage multiple re-submissions of work. Re-submission at the centre assessment stage is intended to allow the learner to reflect on feedback and improve, but not to be an iterative process where they make small modifications through on-going feedback to eventually achieve the desired level.

## Reporting suspected malpractice

It is the responsibility of the Head of Centre<sup>1</sup> to report all cases of suspected malpractice involving centre staff or candidates. A JCQ Report of Suspected Malpractice form (JCQ/M1 for candidate suspected malpractice or JCQ/M2a for staff suspected malpractice) is available to download from the [JCQ website \(www.jcq.org.uk/exams-office/malpractice\)](http://www.jcq.org.uk/exams-office/malpractice) and should be completed as soon as possible and emailed to [malpractice@ocr.org.uk](mailto:malpractice@ocr.org.uk).

When asked to do so by OCR, Heads of Centres are required to investigate instances of suspected malpractice promptly and report the outcomes to OCR.

Further information regarding reporting and investigating suspected malpractice and the possible sanctions and penalties which could be imposed, is contained in the JCQ publication: *General and Vocational Qualifications – Suspected Malpractice in Examinations and Assessments* which is available from the [JCQ website](http://www.jcq.org.uk). Centres may also like to refer to the [OCR Website](http://www.ocr.org.uk) for more details.

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<sup>1</sup> This is the most senior officer in the organisation, directly responsible for the delivery of OCR qualifications, e.g. the Head Teacher or Principal of a school/college. The Head of Centre accepts full responsibility for the correct administration and conduct of OCR exams

## 9 External moderation

Your assessment decisions are externally moderated by an OCR visiting moderator.

The arrangements for these are explained in the Administration area,

<http://www.ocr.org.uk/administration/>

External moderation makes sure centres have made the correct assessment decisions. Our moderator will confirm or adjust the grade you've given to a learner's work and provide feedback to you on the decisions they've made.

External moderation of a centre's assessment decisions is achieved through systematic sampling of the work submitted for moderation. The outcome of the sampled moderation will apply to all learners' work submitted for that unit in the claim.

Each centre can have up to two visits per academic year (subject to centre activity). Additional chargeable visits can be arranged, for more details refer to the Administration area,

<http://www.ocr.org.uk/administration/>.

On the basis of the sample taken, our moderator will either **agree** in the main with your centre's assessment decisions or **disagree** with them in relation to particular units.

If the decision is **agree**, your centre's assessment decisions for all learners' work entered for moderation on that occasion, i.e. in the single claim submitted for moderation, will be confirmed by our moderator once moderation is completed.

If the decision is **disagree**, our moderator will provide feedback to your centre.

Disagreement is usually down to one of the following:

- work doesn't meet the required standard for the grading criteria claimed by the centre
- assessment in the sample is inconsistent
- some evidence is missing or hasn't been cross-referenced to the grading criteria, so our moderator can't find it
- there's no evidence of assessment having taken place.

Our moderator will prepare a full report that will include comments on the accuracy of assessment and centre actions, if appropriate, for future assessments.

Where the moderator confirms the assessment decisions, they'll submit the claims to us for processing.

# 10 How to calculate the qualification grade

## Grading

### Centre-assessed units

These units are assessed by your centre and externally moderated by us.

Each unit has specified grading criteria for Pass, Merit and Distinction.

A summative unit grade can be awarded at Pass, Merit or Distinction:

- to achieve a 'Pass' a learner must have satisfied **all** the 'Pass' grading criteria
- to achieve a 'Merit' a learner must achieve **all** the 'Pass' grading criteria and **all** the 'Merit' grading criteria
- to achieve a 'Distinction' a learner must achieve **all** the 'Pass' grading criteria and **all** the 'Merit' grading criteria and **all** the 'Distinction' criteria.

If a learner doesn't meet all the 'Pass' grading criteria, we issue an unclassified result for that unit.

### Externally assessed units

We mark and assess all externally assessed units. We mark each one according to a mark scheme, and the mark will determine the grade awarded ('Pass', 'Merit' or 'Distinction'). We determine grade boundaries for each of the externally assessed units each assessment series. If a learner doesn't achieve the mark required for a 'Pass' grade, we issue an unclassified result for that unit.

## Qualification

We grade the overall qualification using a structure of Pass, Merit, Distinction, Distinction\*. For these qualifications the qualification grade awarded will be a combination of two grades e.g. Merit Pass (see 'Qualification grade tables' later in this section). Learners who don't achieve a Pass in the required units will be unclassified.

If a learner resits an examined unit (they can resit an examined unit once before completing the qualification) or resubmits an internally assessed unit, we use the best unit results to calculate the overall grade to make sure they get the best possible grade for their full qualification.

Depending on the optional units achieved, it is possible for learners to achieve more GLH than is needed for the qualification. Where this happens, in order to calculate the overall qualification grade, the 'surplus' GLH is adjusted from the optional unit with the weakest grade. This has no effect on the unit achievement.

We'll print the pathways achieved on learners' full qualification certificates.

## Calculating the qualification grade

To be awarded a full qualification, **a learner must achieve at least a Pass grade for all units** required for the qualification. If they don't do so, they won't be awarded the qualification.

Learners will be awarded a combination of Pass, Merit, Distinction or Distinction\* qualification grades determined by the aggregation of points gained through the successful achievement of individual units.

The number of points available for each unit depends on the unit grade achieved.

### Points available for unit grade achieved

The table below shows the number of points issued for each grade depending on the GLH of the unit.

You'll find details of unit GLH in 'How these qualifications are structured' in section 4.

Unit GLH	Points table for units based on GLH			
	Pass	Merit	Distinction	Unclassified
<b>30</b>	7	8	9	0
<b>60</b>	14	16	18	0
<b>90</b>	21	24	27	0

### To calculate the learner's qualification grade

You'll need to add up all the points for the units the learner has achieved, making sure they've covered the appropriate mandatory content, taken sufficient externally assessed units, and any units required for the chosen pathway.

Having calculated the total number of points based on the unit grades you'll check this figure in the qualification grade table, for the relevant qualification, to identify the overall qualification grade. If a learner doesn't achieve the lowest points score required for the qualification, we issue an unclassified result.



### Example A

Learner A has taken the units required for the Foundation Diploma, Fitness Instructing pathway.

The calculation would be:

Unit	Grade	Number of points
1	Pass	= 21 points
2	Merit	= 24 points
3	Distinction	= 18 points
4	Merit	= 24 points
6	Pass	= 14 points
11	Merit	= 8 points
13	Pass	= 14 points
17	Merit	= 16 points
	Total number of points	= 139 points

In this example, Learner A has an overall qualification grade of a Merit Merit

### Example B

Learner B has taken the units required for the Foundation Diploma, Activity Leadership pathway.

The calculation would be:

Unit	Grade	Number of points
1	Distinction	= 27 points
2	Unclassified	= 0 points
3	Distinction	= 18 points
4	Merit	= 24 points
8	Distinction	= 18 points
11	Pass	= 7 points
17	Merit	= 16 points
18	Merit	= 16 points
	Total number of points	= 126 points

In this example, while Learner B has enough points to be eligible for a Pass Pass, they wouldn't be awarded it because they haven't achieved at least a Pass for Unit 2, an unclassified result would be issued.

## Qualification grade table

### Level 3 Cambridge Technical Foundation Diploma (540 GLH)

The table below shows the points ranges and the grades that those ranges achieve.

Points range	Grade
156 and above	Distinction* Distinction* D*D*
153 – 155	Distinction* Distinction D*D
150 – 152	Distinction Distinction DD
144 – 149	Distinction Merit DM
138 – 143	Merit Merit MM
132 – 137	Merit Pass MP
126 – 131	Pass Pass PP
Below 126	Unclassified U

## Qualification grade table

### Level 3 Cambridge Technical Diploma (720 GLH)

The table below shows the points ranges and the grades that those ranges achieve.

Points range	Grade
208 and above	Distinction* Distinction* D*D*
204 – 207	Distinction* Distinction D*D
200 – 203	Distinction Distinction DD
192 – 199	Distinction Merit DM
184 – 191	Merit Merit MM
176 – 183	Merit Pass MP
168 – 175	Pass Pass PP
Below 168	Unclassified U

## Qualification grade table

### Level 3 Cambridge Technical Extended Diploma (1080 GLH)

The table below shows the points ranges and the grades that those ranges achieve.

Points range	Grade
312 and above	Distinction* Distinction* Distinction* D*D*D*
308 – 311	Distinction* Distinction* Distinction D*D*D
304 – 307	Distinction* Distinction Distinction D*DD
300 – 303	Distinction Distinction Distinction DDD
292 – 299	Distinction Distinction Merit DDM
284 – 291	Distinction Merit Merit DMM
276 – 283	Merit Merit Merit MMM
268 – 275	Merit Merit Pass MMP
260 – 267	Merit Pass Pass MPP
252 – 259	Pass Pass Pass PPP
Below 252	Unclassified U

# 11 Certificate and results

## Claim a qualification

For the internally assessed units, there are no specific deadlines for claiming the units. However, it's important to make claims only when you're confident the learner has met the requirements for the unit.

For examined units, the assessment is time-tabled and we'll issue results according to the schedule given in the Administration area, <http://www.ocr.org.uk/administration/>

We can only award a qualification and issue a certificate for it once the learner has achieved all the units required for the qualification they've been entered for.

You shouldn't make a claim unless, in the final opinion of your centre, the evidence meets the requirements for certification.

## Certificates

We'll put the regulated qualification titles and numbers on learners' certificates.

We'll issue a certificate confirming achievement of the qualification directly to your centre for successful learners. This is an automated process, you don't need to claim or 'cash-in' a full qualification.

Unit certificates will not be issued as standard; however, a unit certificate can be requested by the centre. The unit certificate will be free of charge providing it is claimed within 2 years (24 months) of the learner being entered for the qualification.

If a learner can't complete the full qualification you can print a result slip showing individual unit results, from OCR Interchange, or you can make a specific request for unit certificates.

## Replacement certificates

For details on replacement certificates refer to the Administration area, certificates, <http://www.ocr.org.uk/administration/>.

## Enquiries about results

Under certain circumstances, you may wish to query the result(s) issued to one or more learners.

To find out more about this, please refer to the JCQ *Post-Results Services* booklet and the Administration area, post results services, [www.ocr.org.uk/administration/](http://www.ocr.org.uk/administration/).

## 12 Administration and other information

For information on how to administer these qualifications please follow the link to OCR's Administration area, <http://www.ocr.org.uk/administration/>.

You'll find all the details about how the qualifications run, what you need to do and when. It covers everything from becoming an OCR centre, to making entries, claiming certificates, special arrangements and contacting us for advice.

### Avoidance of bias

We've taken great care in preparing these qualifications to avoid bias of any kind. We've given special focus to the eight strands of the Equality Act with the aim of making sure both direct and indirect discrimination are avoided.

### Access arrangements and special consideration

There can be adjustments to standard assessment arrangements on the basis of the individual needs of learners.

It's important that you identify as early as possible whether learners have disabilities or particular difficulties that will put them at a disadvantage in the assessment situation and choose a qualification or adjustment that allow them to demonstrate attainment.

The responsibility for providing adjustments to assessment is shared between your centre and us. Please read the JCQ booklet *Access Arrangements and Reasonable Adjustments* at [www.jcq.org.uk](http://www.jcq.org.uk).

If you have learners who need a post-examination adjustment to reflect temporary illness, indisposition or injury at the time the assessment was taken, please read the JCQ document *A guide to the special consideration process*.

For more information on access arrangements refer to the Administration area, preparation at <http://www.ocr.org.uk/administration/>.

If you think any aspect of these qualifications unfairly restricts access and progression, please email or call our Customer Contact Centre.

# 13 Contacting us

## Feedback and enquiries

If you have any comments or enquiries about the qualifications in this handbook, you can get in touch with our customer contact advisers.

**Write to:** Customer Contact Centre  
OCR  
Progress House  
Westwood Way  
Coventry  
CV4 8JQ

**Email:** [vocational.qualifications@ocr.org.uk](mailto:vocational.qualifications@ocr.org.uk)

**Telephone:** 024 76 851509

**Fax:** 024 76 421944

You could also visit our website at [www.ocr.org.uk](http://www.ocr.org.uk) for more information about our qualifications.

## Complaints

We deal with all complaints sensitively and speedily and use them to help us improve our service.

If you aren't satisfied with a product or service we've provided, please follow the process set out in our [Complaints Policy](#).

**Write to:** Director of Assessment Standards  
OCR  
1 Hills Road  
Cambridge  
CB1 2EU

**Email:** [complaints@ocr.org.uk](mailto:complaints@ocr.org.uk)

**Telephone:** 024 76 851509

**Fax:** 024 76 421944

# Appendix A Performance descriptors

The performance descriptors indicate the level of attainment associated with Pass, Merit and Distinction at Level 3.

They are for use in developing units and assessment criteria, setting assessment materials and determining grade boundaries (where applicable) at awarding meetings. They give a general indication of the levels of attainment likely to be shown by a representative learner performing at these boundaries.

The descriptors must be interpreted in relation to the content in the units and the qualification as a whole; they are not designed to define that content. The grade awarded will depend in practice on the extent to which the learner has met the learning outcome(s) overall. Shortcomings in some aspects of the assessment may be balanced by better performance in others.

## Level 3 Pass

At Pass, learners show sound knowledge of the basic elements of much of the content being assessed, but find further development and application of their understanding to some more complex problems or less familiar contexts difficult. The most fundamental practical skills are executed but lack refinement.

Learners will be able to:

- Recall, select and apply knowledge of aspects of sport, exercise, leisure and health and present information using basic sport science terminology, showing some understanding.
- Recognise some of the principles, concepts and techniques that are needed and select appropriate techniques to use in some contexts.
- Distil some of the essential information from sport, exercise, leisure and health situations and scenarios provided to them, applying some relevant knowledge, understanding and skills.
- Plan and deliver sessions and tasks related to sport, exercise and physical activity safely, using practical skills in a range of situations and contexts (e.g. coaching/leading activities, conducting fitness tests) to produce effective outcomes with limited assistance.
- Review evidence and draw conclusions, making suggestions for improvement where applicable.

## Level 3 Merit

At Merit, learners show good knowledge and understanding of many elements of the content being assessed, and can regularly apply their understanding to different sport, exercise, leisure and health situations and tasks. Some higher order tasks involving detailed explanation, evaluation and analysis and/or more sophisticated planning skills may be accessed less readily. Practical skills are more developed than at Pass both in terms of range and quality and generally lead to outcomes which are of good quality and show a greater sense of control and adaptability.

Learners will be able to:

- Recall, select and apply knowledge and understanding of aspects of sport, exercise, leisure and health and present information clearly, using a good range of sport science terminology.
- Recognise most of the principles, concepts and techniques that are needed and usually select appropriate concepts and techniques to use in a variety of contexts.
- Distil much of the essential information from sport, exercise, leisure and health situations and scenarios provided to them, and apply relevant knowledge, understanding and skills.
- Apply knowledge and understanding to plan and deliver sessions and tasks related to sport, exercise and physical activity safely, using practical skills with precision in a range of situations and contexts (e.g. coaching/leading activities, conducting fitness tests) to produce high quality outcomes with minimal guidance.
- Analyse and evaluate evidence, make judgements and draw appropriate conclusions.
- Adapt their approach and suggest appropriate improvements based on evidence.

### **Level 3 Distinction**

At Distinction, learners show thorough knowledge and understanding of many elements of the content being assessed, and apply their understanding to increasingly advanced and complex sport, exercise, leisure and health situations and tasks. Detailed explanation, evaluation and analysis and/or more sophisticated planning skills are undertaken. A wide range of practical skills including more advanced techniques are demonstrated independently and performance and delivery are of very high quality in terms of conception, execution and reflection.

Learners will be able to:

- Recall, select and apply knowledge and understanding of aspects of sport, exercise, leisure and health and present detailed information clearly, using an extensive range of sport science terminology.
- Recognise almost all of the principles, concepts and techniques that are needed and usually select the most appropriate concepts and techniques to use in a wide variety of contexts.
- Distil all of the essential information from sport, exercise, leisure and health situations and scenarios provided to them, and apply relevant knowledge, understanding and skills.
- Apply knowledge, understanding to plan and deliver sessions and tasks related to sport, exercise and physical activity safely and precisely, demonstrating advanced practical skills in a range of situations and contexts (e.g. coaching/leading activities, conducting fitness tests) to confidently and independently produce outcomes of very high quality.
- Critically analyse and evaluate evidence, making reasoned judgements and drawing perceptive conclusions.

Demonstrate adaptability in their approach both during and after tasks, suggesting justified improvements based on evidence and experience.

# Appendix B Opportunities for applying learning across units

This appendix identifies opportunities for developing links between teaching and learning with other units in the Sport and Physical Activity suite.

		Originating Unit																		
		1	2	3	4	5	6	7	8	10	11	12	13	14	17	18	19	20	21	
Unit number	1				✓			✓		✓	✓	✓	✓		✓					
	2	✓		✓	✓	✓		✓	✓	✓	✓	✓		✓	✓	✓	✓			
	3	✓	✓						✓		✓			✓		✓		✓	✓	
	4		✓	✓				✓	✓		✓		✓	✓	✓					
	5		✓							✓						✓	✓			
	6	✓	✓		✓			✓			✓		✓				✓			
	7	✓	✓		✓		✓			✓	✓	✓	✓		✓		✓			
	8		✓	✓	✓						✓			✓	✓	✓		✓	✓	
	10	✓	✓			✓		✓								✓				
	11	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	
	12	✓						✓			✓						✓			
	13	✓	✓		✓		✓	✓		✓	✓									
	14		✓	✓	✓				✓		✓								✓	
	17	✓	✓		✓			✓					✓				✓			
	18		✓	✓		✓											✓			
	19		✓					✓			✓	✓			✓	✓				
	20	✓		✓							✓						✓		✓	
	21			✓	✓				✓		✓						✓			

The Diploma qualifications are made up of units which can feature in one or more of the qualifications in the Sport and Physical Activity suite.

Learners don't have to achieve the units in any particular order but it's worth noting that the content in mandatory Units 1, 2, 3 and 4 underpins the learning in other units.

Unit 11 should be taken as the final unit as learners will draw on their skills, knowledge and understanding acquired through other units and apply what they have learned.

You must consider the relationship between the units when you plan the learning programme. To help you with your delivery planning most units highlight opportunities for applying learning across units.



# Appendix C Key updates to this handbook

Section	Title of section and change	Version and date issued
7	Remove CBT from assessment	Version 05 July 2018
8	Updated Reporting suspected malpractice; removed reference to CBT	
All sections	Update to include the OCR Level 3 Cambridge Technical Extended Diploma in Sport and Physical Activity Development.	Version 04 January 2017
All sections	Updated link to the new Administration area on the <a href="#">OCR website</a>	
1	Qualification overview - Now includes:	Version 03 August 2016
	<ul style="list-style-type: none"> <li>• Size and purpose at a glance</li> <li>• Qualification at a glance</li> </ul>	
2	Qualification size - Information about Total Qualification Time (TQT)	
	How are these qualifications assessed? - Updated information	
	Funding - Updated information and links	
3	MAPS (Managed Assessment Portfolio System) - Removed	
5	Preparing for qualification delivery and assessment - Updated information	
6	Synoptic assessment - Updated information	
8	Internal assessment - Updated information and added Reporting suspected malpractice	
4	How these qualifications are structured - Specialist pathways revised: Level 3 Cambridge Technical Foundation Diploma in Sport and Physical Activity (540 GLH) has 3 specialist pathways: <ul style="list-style-type: none"> <li>• Activity Leadership</li> <li>• Fitness Instructing</li> <li>• Recreational Assistant</li> </ul> Level 3 Cambridge Technical Diploma in Sport and Physical Activity (720 GLH) now has 2 Specialist pathways: <ul style="list-style-type: none"> <li>• Sports Coaching</li> <li>• Personal Training</li> </ul> If you have already downloaded the units please make sure you are now using the revised version.	Version 02 March 2016

To find out more

**[ocr.org.uk/sport](http://ocr.org.uk/sport)**

or call our Customer Contact Centre on **02476 851509**

Alternatively, you can email us on **[vocational.qualifications@ocr.org.uk](mailto:vocational.qualifications@ocr.org.uk)**



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