

Cambridge TECHNICALS LEVEL 3

SPORT AND PHYSICAL ACTIVITY

Cambridge
TECHNICALS
2016

MAPPING GUIDE

Version 3

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INTRODUCTION

This document lists the current Cambridge Technicals Units and Learning Outcomes (LO) and maps them to the new Cambridge Technicals Units and Learning Outcomes so that you can see where each learning outcome has remained, changed, moved or been removed.

We've also identified where the 2010 BTEC units map to the Cambridge Technicals 2012 and 2016 units.

SPORT

The Cambridge Technicals in Sport and Physical Activity have been developed to meet the changing needs of the sector, and prepare your learners for the challenges they'll face in Higher Education or employment. Designed in collaboration with experts spanning the breadth of the sector, the Cambridge Technicals in Sport and Physical Activity focuses on the skills, knowledge and understanding that today's universities and employers demand. Your learners will practically apply their skills and knowledge in preparation for further study or the workplace.

When developing the Certificate qualifications we worked with universities to design the content and assessment of these qualifications – ensuring that your learners are prepared and have the skills to progress to degree level.

For the Tech Levels we worked with universities, industry experts and employers to design the content and assessment of these qualifications – ensuring that your learners are prepared and have the skills to progress to degree level, an apprenticeship, or work.

The two Diplomas have four vocational pathways within them that can be followed (at least one pathway must be achieved). Each pathway focuses on industry sectors and job roles that your learners will actually be able to do having completed a Cambridge Technical. We've worked in partnership with industry to make sure your learners can progress directly into the sector in job roles that are appropriate for their age and experience.

TEACHING AND LEARNING RESOURCES

New resources are being developed to support your teaching of this new qualification. These will include Delivery Guides, Resource Links, Lesson Elements, Project Approaches, a Rules of Combination Calculator and a Progress Tracker.

To find out more about this qualification please go to:

<http://www.ocr.org.uk/qualifications/cambridge-technicals-sport-and-physical-activity-level-3-certificate-extended-certificate-foundation-diploma-diploma-05826-05829-2016-suite/>



2016 Suite

- New suite for first teaching September 2016
- Externally assessed content
- Eligible for Key Stage 5 performance points from 2018
- Designed to meet the DfE technical guidance

MAPPING

Cambridge Technicals in Sport 2012 units					Cambridge Technicals in Sport and Physical Activity 2016 units				
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments
1	Principles of anatomy and physiology in sport (BTEC Unit 1)	LO1	Know the structure and function of the skeletal system	These LOs are covered in the new Technicals and have different titles	1	Body systems and the effects of physical activity (Externally assessed) (BTEC Unit 14)	LO1	Understand the skeletal system in relation to exercise and physical activity	These LOs are now 'Understand' rather than 'Know' and so learners must be able to apply their knowledge
		LO2	Know the structure and function of the muscular system				LO2	Understand the muscular system in relation to exercise and physical activity	
		LO3	Know the structure and function of the cardiovascular system				LO3	Understand the cardiovascular system in relation to exercise and physical activity	
		LO4	Know the structure and function of the respiratory system				LO4	Understand the respiratory system in relation to exercise and physical activity	
		LO5	Know the different types of energy systems				LO5	Understand the different energy systems in relation to exercise and physical activity	

MAPPING

Cambridge Technicals in Sport 2012 units					Cambridge Technicals in Sport and Physical Activity 2016 units				
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments
2	Sports coaching (BTEC Unit 5)	LO1	Know the roles, responsibilities and skills of sports coaches	This LO is no longer stand-alone and has been divided and is now in multiple units/LOs	2	Sports coaching and leadership (Internally assessed)	LO1	Know the roles and responsibilities of sports coaches and leaders	
		LO2	Know the techniques used by coaches to improve the performance of athletes	This LO is covered in the new Technicals and has a different title			LO2	Understand principles which underpin coaching and leading	
		LO3	Be able to plan a sports coaching session	This LO is exactly the same as in the new Technicals BUT DOES NOT have the same title			LO3	Understand methods to improve skills, techniques and tactics in sport	This is now an 'Understand' rather than a 'Know' and so learners must be able to apply their knowledge
		LO4	Be able to deliver and review a sports coaching session	This LO is no longer stand-alone and has been divided and is now in multiple LOs			LO4	Be able to plan sports and activity sessions	Note that these LOs are now sessions (plural) rather than session (singular).
			LO6	Be able to deliver sports and activity sessions					
			LO7	Be able to review sports and activity sessions					

MAPPING

Cambridge Technicals in Sport 2012 units					Cambridge Technicals in Sport and Physical Activity 2016 units				
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments
3	Current issues in sport (BTEC Unit 12)	LO1	Know how sport has developed in the UK	These LOs are covered in the new Technicals and have different titles	3	Sports organisation and development (Externally assessed) (BTEC Unit 40)	LO1	Understand how sport in the UK is organised	Learners will cover the organisation of sport in the UK but not the historical development of sport
		LO2	Know how media and technology influence modern sport		20	Sport and exercise sociology (Internally assessed)	LO2	Understand how the media can influence sport and society	Learners will cover the influence of the media but not technology
		LO3	Know how contemporary issues affect sport		LO3		Understand issues in society that affect sport		
		LO4	Understand the cultural influences and barriers that affect participation in sports activities						

MAPPING

Cambridge Technicals in Sport 2012 units					Cambridge Technicals in Sport and Physical Activity 2016 units				
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments
4	The physiology of fitness (BTEC Unit 2)	LO1	Know the body's response to acute exercise	This LO is no longer stand-alone and has been divided and is now in multiple LOs	1	Body systems and the effects of physical activity (Externally assessed) (BTEC Unit 14)	LO1	Understand the skeletal system in relation to exercise and physical activity	
							LO2	Understand the muscular system in relation to exercise and physical activity	
							LO3	Understand the cardiovascular system in relation to exercise and physical activity	
							LO4	Understand the respiratory system in relation to exercise and physical activity	
							LO5	Understand the different energy systems in relation to exercise and physical activity	

MAPPING

Cambridge Technicals in Sport 2012 units					Cambridge Technicals in Sport and Physical Activity 2016 units				
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments
4	The physiology of fitness (BTEC Unit 2)	LO2	Know the long-term effects of exercise on the body systems	This LO is no longer stand-alone and has been divided and is now in multiple LOs	1	Body systems and the effects of physical activity (Externally assessed) (BTEC Unit 14)	LO1	Understand the skeletal system in relation to exercise and physical activity	
							LO2	Understand the muscular system in relation to exercise and physical activity	
							LO3	Understand the cardiovascular system in relation to exercise and physical activity	
							LO4	Understand the respiratory system in relation to exercise and physical activity	
							LO5	Understand the different energy systems in relation to exercise and physical activity	
		LO3	Be able to investigate the physiological effects of exercise on the body systems	This LO is partially covered in the new Technicals	13	Health and fitness testing for sport and exercise (Internally assessed)	LO1	Know a range of fitness tests	Learners will not be conducting fitness tests with the aim of testing the impact of exercise on particular systems but to consider someone's overall fitness levels
							LO4	Be able to administer appropriate fitness tests	
							LO5	Be able to interpret the results of fitness tests and provide feedback	

MAPPING

Cambridge Technicals in Sport 2012 units					Cambridge Technicals in Sport and Physical Activity 2016 units				
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments
5	Sports nutrition (BTEC Unit 11)	LO1	Know the concepts of nutrition and digestion	This LO is partially covered in the new Technicals	12	Nutrition and diet for sport and exercise (Internally assessed) (BTEC Unit 14)	LO1	Understand the principles and importance of a balanced diet	Learners will not need to be taught the structure and function of the digestive system
		LO2	Know energy intake and expenditure in sports performance	These LOs are covered in the new Technicals and have different titles			LO2	Understand energy balance	These are now an 'Understand' rather than 'Know' and so learners must be able to apply their knowledge
		LO3	Know the relationship between hydration and sports performance				LO3	Understand the importance of hydration in sport and exercise	
		LO4	Be able to plan a diet appropriate for a selected sports activity	This LO is not in any of the new Technicals units					

MAPPING

Cambridge Technicals in Sport 2012 units					Cambridge Technicals in Sport and Physical Activity 2016 units				
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments
6	Psychology for sports performance (BTEC Unit 17)	LO1	Know the effect of personality and motivation on sports performance	This LO is partially covered in the new Technicals	19	Sport and exercise psychology (Internally assessed)	LO1	Know the different factors that affect motivation for sport and exercise	Learners will cover motivation but not personality
		LO2	Know the relationship between stress, anxiety, arousal and sports performance	These LOs are covered in the new Technicals and have different titles			LO3	Understand the effects of stress, anxiety and arousal in sport and exercise	These are now 'Understand' rather than 'Know' and so learners must be able to apply their knowledge
		LO3	Know the role of group dynamics in team sports		2	Sports coaching and leadership (Internally assessed)	LO2	Understand principles which underpin coaching and leading	
		LO4	Be able to plan a psychological skills training programme to enhance sports performance	This LO is not in any of the new Technicals units	19	Sport and exercise psychology (Internally assessed)	LO4	Understand the importance of group dynamics in team sports and group exercise	

MAPPING

Cambridge Technicals in Sport 2012 units					Cambridge Technicals in Sport and Physical Activity 2016 units				
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments
7	Practical team sports (BTEC Unit 8)	LO1	Know the skills, techniques and tactics required in selected team sports	These LOs are covered in the new Technicals and have different titles	18	Practical skills in sports and physical activities (Internally assessed) (BTEC Units 22, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38)	LO2	Be able to apply skills, techniques and tactics in a team sport	This is now a 'Be able to' rather than a 'Know' and so learners must perform and deploy skills, techniques and tactics
		LO2	Know the rules and regulations of selected team sports				LO4	Be able to officiate in sport and physical activity	This is now a 'Be able to' rather than a 'Know' and so learners must apply rules and regulations in a practical environment
		LO3	Be able to assess own performance in selected team sports	This LO is not in any of the new Technicals units					
		LO4	Be able to assess the performance of teams in selected team sports	This LO is covered in the new Technicals and has a different title	5	Performance analysis in sport and exercise (Internally assessed) (BTEC Unit 41)	LO4	Be able to analyse performance	

MAPPING

Cambridge Technicals in Sport 2012 units				Cambridge Technicals in Sport and Physical Activity 2016 units					
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments
8	Sport as a business (BTEC Unit 25)	LO1	Know how businesses in sport are organised	These LOs are covered in the new Technicals and have different titles	14	Working in active leisure (Internally assessed) (BTEC Unit 39)	LO1	Know the active leisure sector	This LO asks learners to describe different aspects of the organisation of business within sport, health, exercise and leisure.
		LO2	Know what makes a successful sports business		21	The business of sport (Externally assessed) (BTEC Unit 22)	LO1	Understand types of sport businesses and their organisational structures	This LO is now an 'Understand' rather than a 'Know' and so learners will be expected to apply their knowledge. The unit is now externally assessed.
							LO2	Understand how sports businesses are managed	This LO is now an 'Understand' rather than a 'Know' and so learners will be expected to apply their knowledge. The unit is now externally assessed.
		LO3	Know the legal and financial influences on sport as a business		4	Working safely in sport, exercise, health and leisure (Externally assessed)	LO2	Understand health and safety requirements in sport, exercise, health and leisure	Legal requirements are covered in Unit 4
	21			The business of sport (Externally assessed) (BTEC Unit 22)			LO2	Understand how sports businesses are managed	These LOs are now an 'Understand' rather than a 'Know' and so learners will be expected to apply their knowledge. The unit is now externally assessed.
LO3		Understand how volunteers support sport businesses							
LO4	Be able to use market research and marketing for a sports business	This LO is not in any of the new Technicals units							

MAPPING

Cambridge Technicals in Sport 2012 units					Cambridge Technicals in Sport and Physical Activity 2016 units				
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments
9	Exercise for specific groups (BTEC Unit 16)	LO1	Know about the provision of exercise for specific groups	These LOs are covered in the new Technicals and have different titles	11	Physical activity for specific groups (Internally assessed)	LO1	Know about the provision of physical activity for specific groups	
		LO2	Know the benefits of exercise for different specific groups				LO2	Know the benefits of and barriers to participating in physical activity for specific groups	
		LO3	Be able to prescribe exercise for specific groups				LO4	Be able to plan physical activity sessions for specific groups	Learners only need to be able to plan physical activity sessions, they do not have to deliver or review them
		LO4	Be able to plan, deliver and review an exercise session for a specific group						

MAPPING

Cambridge Technicals in Sport 2012 units					Cambridge Technicals in Sport and Physical Activity 2016 units				
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments
10	Outdoor and adventurous activities (BTEC Unit 10)	LO1	Know about the organisation and provision of outdoor and adventurous activities	This LO is not in any of the new Technicals units					
		LO2	Know the safety and environmental considerations associated with outdoor and adventurous activities	These LOs are covered in the new Technicals and have different titles	18	Practical skills in sports and physical activities (Internally assessed) (BTEC Units 22, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38)	LO3	Be able to apply skills and knowledge in outdoor and adventurous activities	
		LO3	Be able to participate in outdoor and adventurous activities						
		LO4	Be able to review own performance in outdoor and adventurous activities	This LO is not in any of the new Technicals units					

MAPPING

Cambridge Technicals in Sport 2012 units					Cambridge Technicals in Sport and Physical Activity 2016 units				
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments
11	Practical individual sports (BTEC Unit 9)	LO1	Know the skills, techniques and tactics required in selected individual sports	These LOs are covered in the new Technicals and have different titles	18	Practical skills in sports and physical activities (Internally assessed) (BTEC Units 22, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38)	LO1	Be able to apply skills, techniques and tactics in an individual sport	This is now a 'Be able to' rather than a 'Know' and so learners must perform and deploy skills, techniques and tactics
		LO2	Know the rules and regulations of selected individual sports				LO4	Be able to officiate in sport and physical activity	This is now a 'Be able to' rather than a 'Know' and so learners must apply rules and regulations in a practical environment
		LO3	Be able to assess own performance in selected individual sports	This LO is not in any of the new Technicals units					
		LO4	Be able to assess the performance of other individuals in selected individual sports	This LO is covered in the new Technicals and has a different title	5	Performance analysis in sport and exercise (Internally assessed) (BTEC Unit 41)	LO4	Be able to analyse performance	

MAPPING

Cambridge Technicals in Sport 2012 units					Cambridge Technicals in Sport and Physical Activity 2016 units				
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments
12	Applied sport and exercise physiology (BTEC Unit 44)	LO1	Know how temperature and altitude affect exercise and sports performance	These LOs are not in any of the new Technical units					
		LO2	Know about the physical differences between people of different gender and race and their affect on exercise and sports performance						
		LO3	Know the impact that the physiological effects of ageing have on exercise and sports performance						
		LO4	Know the effects and implications of using ergogenic aids for exercise and sports performance						

MAPPING

Cambridge Technicals in Sport 2012 units					Cambridge Technicals in Sport and Physical Activity 2016 units				
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments
13	Leadership in sport (BTEC Unit 13)	LO1	Know the qualities, characteristics and roles of effective sports leaders	These LOs are covered in the new Technicals and have different titles	2	Sports coaching and leadership (Internally assessed)	LO1	Know the roles and responsibilities of sports coaches and leaders	
		LO2	Know the importance of psychological factors in leading sports activities				LO2	Understand principles which underpin coaching and leading	
		LO3	Be able to plan a sports activity				LO2	Understand principles which underpin coaching and leading	
		LO4	Be able to lead a sports activity				LO4	Be able to plan sports and activity sessions	
							LO6	Be able to deliver sports and activity sessions	

MAPPING

Cambridge Technicals in Sport 2012 units					Cambridge Technicals in Sport and Physical Activity 2016 units					
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments	
14	Instructing physical activity and exercise (BTEC Unit 15)	LO1	Know the principles of safe and effective exercise sessions	This LO is no longer stand-alone and has been divided and is now in multiple LOs	7	Improving fitness for sport and physical activity (Internally assessed) (BTEC Unit 14)	LO1	Understand principles applied in fitness training	Principles of training are covered in LO1, health and safety considerations in LO2	
		LO2	Be able to design an exercise programme				LO2	Be able to plan fitness programmes		
		LO3	Be able to plan and lead an exercise session	These LOs are covered in the new Technicals and have different titles				LO3	Be able to deliver a fitness programme	Learners are required to deliver individual sessions as part of a wider fitness programme
		LO4	Be able to review the design of an exercise programme and leading of an exercise session					LO4	Be able to evaluate a fitness programme	

MAPPING

Cambridge Technicals in Sport 2012 units					Cambridge Technicals in Sport and Physical Activity 2016 units				
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments
15	Sports injuries (BTEC Unit 18)	LO1	Know how common sports injuries can be prevented by the correct identification of risk factors	These LOs are covered in the new Technicals and have different titles	17	Sports injuries and rehabilitation (Internally assessed)	LO2	Understand how to minimise the risk of sports injuries	
		LO2	Know about a range of sports injuries and their symptoms				LO1	Know common sport injuries and their effects	
		LO3	Know how to apply methods of treating sports injuries				LO3	Understand how to respond to acute sports injuries when they occur	
		LO4	Be able to plan and construct treatment and rehabilitation programmes for common sports injuries				LO4	Know the role of different agencies in the treatment and rehabilitation of sports injuries	
							LO5	Know how to plan a rehabilitation programme for common sports injuries	
							LO6	Be able to plan a rehabilitation programme for a specific sports injury	

MAPPING

Cambridge Technicals in Sport 2012 units					Cambridge Technicals in Sport and Physical Activity 2016 units				
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments
16	Analysis of sports performance (BTEC Unit 19)	LO1	Know the performance profile of a sporting activity	These LOs are covered in the new Technicals and have different titles	5	Performance analysis in sport and exercise (Internally assessed) (BTEC Unit 41)	LO1	Understand performance profiling	
		LO2	Be able to analyse sporting performance				LO4	Be able to analyse performance	
		LO3	Be able to provide feedback to athletes regarding performance				LO5	Be able to give feedback on sports performance	
		LO4	Understand the purpose and resources required for analysing different levels of sporting performance	This LO is partially covered in the new Technicals			LO3	Know methods used to analyse performance	

MAPPING

Cambridge Technicals in Sport 2012 units					Cambridge Technicals in Sport and Physical Activity 2016 units				
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments
17	Talent identification and development in sport (BTEC Unit 20)	LO1	Know the key predictors of talent for performers in sport	These LOs are not in any of the new Technicals units					
		LO2	Be able to design a talent identification programme for a chosen sport						
		LO3	Know key factors in talent development in sport						
		LO4	Be able to design a talent development programme for a chosen sport						

MAPPING

Cambridge Technicals in Sport 2012 units					Cambridge Technicals in Sport and Physical Activity 2016 units				
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments
18	Sport and exercise massage (BTEC Unit 21)	LO1	Know the effects and benefits of sport and exercise massage	These LOs are partially covered in the new Technicals	17	Sports injuries and rehabilitation (Internally assessed)	LO4	Know the role of different agencies in the treatment and rehabilitation of sports injuries	Learners can look at Sports Massage as part of this LO
		LO2	Know the roles of sport and exercise massage professionals					Learners can look at the role of Sports Therapists as part of this LO	
		LO3	Be able to identify the sport and exercise massage requirements of athletes				LO5	Know how to plan a rehabilitation programme for common sports	Learners can consider the use of sports massage as part of a wider rehabilitation programme
		LO4	Be able to perform and review sport and exercise massage techniques	LO6				Be able to plan a rehabilitation programme for a specific sports injury	
			This LO is not in any of the new Technicals units						

MAPPING

Cambridge Technicals in Sport 2012 units					Cambridge Technicals in Sport and Physical Activity 2016 units					
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments	
19	Organising sports events (BTEC Unit 23)	LO1	Know about different types of sports events	These LOs are covered in the new Technicals and have different titles	8	Organisation of sports events (Internally assessed)	LO1	Know different types of sports events and their purpose		
		LO2	Know about the roles and responsibilities of people involved in planning and delivering sports events				LO2	Know the different roles and responsibilities involved in the planning and delivery of sports events		
		LO3	Be able to plan and promote a sports event	This LO is exactly the same as in the new Technicals AND has the same title			LO3	Be able to plan and promote a sports event		The Teaching Content of this LO is the same but the grading criteria has changed
		LO4	Be able to deliver a sports event	This LO is covered in the new Technicals and has a different title			LO4	Be able to participate in the delivery of a sports event		At the higher levels, learners will be expected to carry out a number of roles involved in the delivery of an event
		LO5	Be able to review the planning and delivery of a sports event	This LO is exactly the same as in the new Technicals AND has the same title			LO5	Be able to review the planning and delivery of sports events		The Teaching Content of this LO is the same but the grading criteria has changed

MAPPING

Cambridge Technicals in Sport 2012 units					Cambridge Technicals in Sport and Physical Activity 2016 units				
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments
20	Technical and tactical skills in sport (BTEC Unit 27)	LO1	Understand the technical skills and tactics demanded by selected sports	This LO is partially covered in the new Technicals	2	Sports coaching and leadership (Internally assessed)	LO3	Understand methods to improve skills, techniques and tactics in sport	Learners will cover skills classification in this LO
		LO2	Be able to assess the technical and tactical ability of an elite sports performer	This LO is not in any of the new Technicals units					
		LO3	Be able to assess their own technical and tactical ability	This LO is partially covered in the new Technicals	5	Performance analysis in sport and exercise (Internally assessed) (BTEC Unit 41)	LO2	Be able to carry out performance profiling	Learners will carry out a performance profiling exercise on themselves in a selected sport in this LO

MAPPING

Cambridge Technicals in Sport 2012 units					Cambridge Technicals in Sport and Physical Activity 2016 units				
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments
21	The athlete's lifestyle (BTEC Unit 28)	LO1	Know how lifestyle can affect athletes	This LO is no longer stand-alone and has been divided and is now in multiple LOs	1	Body systems and the effects of physical activity (Externally assessed) (BTEC Unit 14)	LO1	Understand the skeletal system in relation to exercise and physical activity	Learners will learn the impact of lifestyle on each of the body systems
				LO2			Understand the muscular system in relation to exercise and physical activity		
				LO3			Understand the cardiovascular system in relation to exercise and physical activity		
				LO4			Understand the respiratory system in relation to exercise and physical activity		
		LO2	Know the importance of appropriate behaviour for athletes	These LOs are not in any of the new Technicals units					
		LO3	Know how to communicate effectively with the media and significant others						
		LO4	Be able to produce a career plan						

MAPPING

Cambridge Technicals in Sport 2012 units					Cambridge Technicals in Sport and Physical Activity 2016 units				
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments
22	Assessing risk in sport (BTEC Unit 3)	LO1	Know the key factors that influence health and safety in sport	This LO is covered in the new Technicals and has a different title	4	Working safely in sport, exercise, health and leisure (Externally assessed)	LO2	Understand health and safety requirements in sport, exercise, health and leisure	
		LO2	Be able to carry out risk assessments	This LO is partially covered in the new Technicals			LO3	Understand how to minimise risk in sport, exercise, health and leisure	Learners will be taught about risk assessments and this can be delivered practically but they will not be assessed in the practical application
		LO3	Know how to maintain the safety of participants and colleagues in a sports environment	These LOs are covered in the new Technicals and have different titles			LO1	Understand emergency procedures in sport, exercise, health and leisure	This whole unit is around maintaining health and safety for colleagues and participants
					LO2	Understand health and safety requirements in sport, exercise, health and leisure			
LO4	Be able to plan a safe sporting activity		LO3	Understand how to minimise risk in sport, exercise, health and leisure	LO4	Know first aid requirements for sport, exercise, health and leisure			
				LO5	Know how to safeguard children and vulnerable adults in sport, exercise, health and leisure				
				2	Sports coaching and leadership (Internally assessed)	LO4	Be able to plan sports and activity sessions		

MAPPING

Cambridge Technicals in Sport 2012 units					Cambridge Technicals in Sport and Physical Activity 2016 units				
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments
23	Fitness training and programming (BTEC Unit 4)	LO1	Know different methods of fitness training	These LOs are covered in the new Technicals and have different titles	7	Improving fitness for sport and physical activity (Internally assessed) (BTEC Unit 14)	LO1	Understand principles applied in fitness training	
		LO2	Be able to plan a fitness training session				LO2	Be able to plan fitness programmes	Learners will cover the planning of fitness sessions as part of a wider fitness programme
		LO3	Be able to plan a fitness training programme				LO4	Be able to evaluate a fitness programme	Although this LO has the same title, the Teaching Content has changed
		LO4	Be able to review a fitness training programme						

MAPPING

Cambridge Technicals in Sport 2012 units					Cambridge Technicals in Sport and Physical Activity 2016 units				
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments
24	Sports development (BTEC Unit 6)	LO1	Know key concepts in sports development	These LOs are covered in the new Technicals and have different titles	3	Sports organisation and development (Externally assessed) (BTEC Unit 40)	LO2	Understand sports development	
		LO2	Know the key providers of sports development					Understand how the impact of sports development can be measured	
		LO3	Understand how quality is measured in sports development				LO4	Understand sports development in practice	
		LO4	Know about sports development in practice						

MAPPING

Cambridge Technicals in Sport 2012 units					Cambridge Technicals in Sport and Physical Activity 2016 units				
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments
25	Fitness testing for sport and exercise (BTEC Unit 7)	LO1	Know a range of laboratory-based and field-based fitness tests	This LO is partially covered in the new Technicals	13	Health and fitness testing for sport and exercise (Internally assessed)	LO1	Know a range of fitness tests	Learners do not have to cover laboratory based tests
		LO2	Be able to use health screening techniques	This LO is covered in the new Technicals and has a different title			LO2	Be able to complete a client health and fitness consultation	
		LO3	Be able to administer appropriate fitness tests	These LOs are covered in the new Technicals and have the same title			LO4	Be able to administer appropriate fitness tests	The teaching content and grading criteria have changed for these LOs
		LO4	Be able to interpret the results of fitness tests and provide feedback				LO5	Be able to interpret the results of fitness tests and provide feedback	

MAPPING

Cambridge Technicals in Sport 2012 units					Cambridge Technicals in Sport and Physical Activity 2016 units				
Unit no.	Unit title	LO no.	LO title	THE CHANGE	Unit no.	Unit title	LO no.	LO title	Other comments
N/A	(BTEC Unit 42 – Research investigation in sport and exercise sciences)	LO1	Be able to design a research investigation	These LOs are covered in the new Technicals and have different titles	9	Research methods in sport science and sport studies (Externally assessed) (BTEC unit 9)			
		LO2	Be able to implement the investigation and interpret results				LO3	Be able to undertake research	
		LO3	Be able to review the results of the research investigation				LO2	Be able to review and evaluate research	
		LO4	Be able to present the research investigation				LO3	Be able to undertake research	



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