

Cambridge TECHNICALS LEVEL 2

# ***SPORT AND PHYSICAL ACTIVITY***

Cambridge  
TECHNICALS  
2016

MAPPING GUIDE

Version 1

# CONTENTS

|   |    |
|---|----|
| Introduction  | 3  |
| <b>Cambridge Technicals in Sport 2012 units</b>             |    |
| Unit 1 – Practical sport                                    | 4  |
| Unit 2 – Anatomy and physiology for sport                   | 5  |
| Unit 3 – Fitness testing and training                       | 6  |
| Unit 4 – Nutrition for sports performance                   | 7  |
| Unit 5 – Development of personal fitness                    | 8  |
| Unit 6 – Lifestyle and the sports performer                 | 9  |
| Unit 7 – Effects of exercise on the body systems            | 10 |
| Unit 8 – Injury in sport                                    | 11 |
| Unit 9 – Planning and leading sports activities             | 12 |
| Unit 10 – Technical skills and tactical awareness for sport | 13 |
| Unit 11 – Psychology for sports performance                 | 14 |

# 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 2012 BTEC units map to the Cambridge Technicals 2016 units.

## SPORT AND PHYSICAL ACTIVITY

The Cambridge Technicals in Sport and Physical Activity have been developed to meet the changing needs of the sector, and prepare your students for the challenges they'll face in further 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 students will practically apply their skills and knowledge in preparation for further study or the workplace.

The Award qualification provides an introduction to the sport and physical activity sector and students will use the Award as a stepping stone into employment or further study.

When developing the Certificate qualification we worked with organisations within the sport sector to design the content and assessment of these qualifications – ensuring that your learners are prepared and have the skills to progress to further education or employment.

The Diploma qualification has three vocational pathways 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 Pathway Delivery Guides, a Qualifications Calculator and a Progress Tracker.

To find out more about this qualification please go to:

<http://www.ocr.org.uk/qualifications/vocational-education-and-skills/cambridge-technicals-sport-and-physical-activity-level-2-2016-suite/>

### *2016 Level 2 Cambridge Technicals Suite*

- **New suite for first teaching September 2017**
- **Externally assessed content**
- **Student focused internal assessment rules**
- **Eligible for Key Stage 5 performance points from 2019**
- **OCR visiting moderation providing centre feedback and support**
- **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  | Practical Sport<br>(BTEC Unit 2) | LO1    | Be able to demonstrate a range of skills, techniques and tactics in selected sports | This LO is no longer stand-alone and has been divided and is now in multiple LOs | 7  | Practical sport<br>(Internally assessed) | LO1    | Be able to apply techniques and tactics in an individual sport |  |
|  |                                  | LO2    | Know the rules, regulations and scoring systems of selected sports                  | These LOs are no longer separate and have been merged into one LO                |  |  | LO2    | Be able to apply techniques and tactics in a team sport        |  |
|  |                                  | LO3    | Know the roles and responsibilities of officials in selected sports                 |  |  |  | LO3    | Be able to officiate in sport or physical activities           | This LO is now a 'Be able to' and requires practical application |
|  |                                  | LO4    | Be able to review sports performance  | 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  |
| 2  | Anatomy and Physiology in Sport<br>(BTEC Unit 4) | LO1    | Know the structure and function of the skeletal system       | These LOs are no longer separate and have been merged into one LO | 1  | Physical activity, health and wellbeing<br><br>(Externally assessed) | LO1    | Know the effects and benefits of participation in sport and physical activity on the musculoskeletal system   | This LO is externally assessed and also includes the effects and benefits as well as structure and function |
|  |  | LO2    | Know the structure and function of the muscular system       |   |  |  |        | Know the effects and benefits of participation in sport and physical activity on the cardiorespiratory system |   |
|  |  | LO3    | Know the structure and function of the cardiovascular system | These LOs are no longer separate and have been merged into one LO |  |  | LO2    | This LO is externally assessed and also includes the effects and benefits as well as structure and function   |   |
|  |  | LO4    | Know the structure and function of the respiratory system    |   |  |  |        |   |   |

# 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  | Fitness Testing and Training<br>(BTEC Unit 1) | LO1                                   | Know the fitness and training requirements necessary to achieve excellence in a selected sport | This LO is no longer stand-alone and has been divided and is now in multiple LOs | 6  | Components and principles of fitness training<br><br>(Internally assessed) | LO1  | Know the components of fitness   |  |
|  |   |                                       |  |  |  |  | LO2  | Be able to analyse the use of different components of fitness in a range of sports and physical activities | This LO is now a 'Be able to' and requires practical application |
|  |   |                                       |  |  |  |  | LO3  | Be able to identify training methods for components of fitness   |  |
|  |   | LO2                                   | Know the lifestyle factors that affect sports training and performance                         | A similar LO is in the new Technicals  | 9  | Fitness induction and testing<br><br>(Internally assessed)                 | LO3  | Be able to communicate the effects of lifestyle factors on health and wellbeing to a client                | This LO is now a 'Be able to' and requires practical application |
| LO3                                      | Be able to assess their own level of fitness  | A similar LO is in the new Technicals | LO2  | Be able to assess a client's level of fitness                                    |  |  | Learners will be conducting fitness tests on a client, rather than on themselves |  |  |
|  |   | LO4                                   | Know the effects of psychological factors on sports training and performance                   | This LO is not in any of the new Technicals units                                |  |  |  |  | This content is not suitable for a Technical Certificate         |

# 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  | Nutrition for Sports Performance<br>(BTEC Unit 10) | LO1    | Know the nutritional requirements of a selected sport           | These LOs are not in any of the new Technicals units |  |            |        |          |                |
|  |  | LO2    | Be able to assess own diet                                      |  |  |            |        |          |                |
|  |  | LO3    | Be able to plan a personal nutritional strategy                 |  |  |            |        |          |                |
|  |  | LO4    | Be able to implement and review a personal nutritional strategy |  |  |            |        |          |                |

# 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  | Development of Personal Fitness<br>(BTEC Unit 11) | LO1    | Be able to plan a personal fitness training programme                 | These LOs are not in any of the new Technicals units |  |            |        |          | This content is not suitable for a Technical Certificate |
|  |   | LO2    | Know personal exercise adherence factors and strategies               |  |  |            |        |          |  |
|  |   | LO3    | Be able to implement and review a personal 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   |
| 6  | Lifestyle and the Sports Performer<br>(BTEC Unit 12) | LO1    | Be able to manage own work commitments and leisure time   | These LOs are not in any of the new Technicals units |  |            |        |          | This content is not suitable for a Technical Certificate |
|  |  | LO2    | Know appropriate behaviour for an elite athlete           |  |  |            |        |          |  |
|  |  | LO3    | Know the factors that influence effective career planning |  |  |            |        |          |  |
|  |  | LO4    | Be able to participate in a media interview               |  |  |            |        |          |  |

# 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  | Effects of Exercise on the Body Systems<br><br>(BTEC Unit 18) | LO1    | Be able to investigate the short-term effects of exercise on the body systems | A similar LO is in the new Technicals                | 2  | Physical preparation and readiness for sport and physical activity<br><br>(Externally assessed) | LO1    | Understand the short term effects of sport and physical activity on the body systems | This is now an 'Understand' and so learners will have to apply their knowledge |
|  |   | LO2    | Know the long-term effects of exercise on the body systems                    | A similar LO is in the new Technicals                |  |   | LO2    | Understand the long term effects of sport and physical activity on the body systems  |  |
|  |   | LO3    | Be able to investigate the fundamentals of the energy systems                 | These LOs are not in any of the new Technicals units |  |   |        | This content is not suitable for a Technical Certificate                             |  |
|  |   | LO4    | Know the impact of drugs on 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   |
| 8  | Injury in Sport<br>(BTEC Unit 5) | LO1    | Know the different types of injuries and illness associated with sports participation | Similar LOs are in the new Technicals | 2  | Physical preparation and readiness for sport and physical activity<br><br>(Externally assessed) | LO5    | Understand sports injuries, their causes and their treatment for rehabilitation | This is externally assessed 'Understanding' and so learners will not have to practically apply the skills but will need to apply knowledge in the assessment |
|  |                                  | LO2    | Be able to deal with injuries and illnesses associated with sports participation      |                                       |  |   |        |   |  |
|  |                                  | LO3    | Know the risks and hazards associated with sports participation                       |                                       |  |   |        |   |  |
|  |                                  | LO4    | Be able to undertake a risk assessment relevant to sport                              |                                       | 4  | Leading sport and physical activity sessions<br><br>(Internally assessed)                       | LO3    | Be able to lead sport and physical 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 |
| 9  | Planning and Leading Sports Activities<br><br>(BTEC Unit 7) | LO1    | Know the skills, qualities and responsibilities associated with successful sports leadership | A similar LO is in the new Technicals   | 4  | Leading sport and physical activity sessions<br><br>(Internally assessed)                  | LO1   | Know the roles, responsibilities, skills and behaviours of activity leaders |                |
|  |   | LO2    | Be able to plan and lead an activity session   | This LO is no longer stand-alone and has been divided and is now in multiple LOs      |  |  | LO2   | Be able to plan sport and physical activity sessions                        |                |
|  |   | LO3    | Be able to review their planning and leadership of a sports activity                         | This LO is exactly the same as in the new Technicals BUT DOES NOT have the same title |  |  | LO3   | Be able to lead sport and physical activity sessions                        |                |
|  |   | LO4    | Be able to assist in the planning and leading of a sports event                              | This LO is no longer stand-alone and has been divided and is now in multiple LOs      | 13   | Supporting the delivery of sport and physical activity events<br><br>(Internally assessed) | LO3   | Be able to work with others to plan sport and physical activity events      |                |
|  |   | LO5    | Be able to review their planning and leadership of a sports event                            | A similar LO is in the new Technicals   |  |  | LO5   | Be able to support the delivery of sports and physical activity events      |                |
|  |   | LO6    |  |   |  | LO6  | Be able to conclude and review sport and physical activity events |   |                |

# 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                                       | Technical Skills and Tactical Awareness for Sport<br>(BTEC Unit 8)                             | LO1    | Know the technical and tactical demands of a selected sport   | This LO is no longer stand-alone and has been divided and is now in multiple LOs | 7  | Practical sport<br>(Internally assessed) | LO1   | Be able to apply techniques and tactics in an individual sport |                |
|  |  |        |   |  |  |  | LO2   | Be able to apply techniques and tactics in a team sport        |                |
|  |  | LO2    | Understand the technical skills and tactical awareness in a selected sport                                |  |  |  | LO1   | Be able to apply techniques and tactics in an individual sport |                |
|  |  |        |   | LO2  |  |  | Be able to apply techniques and tactics in a team sport |  |                |
|  |  | LO3    | Be able to plan and undertake a six-week programme to develop own technical skills and tactical awareness | These LOs are not in any of the new Technicals units                             |  |  |   |  |                |
| LO4                                      | Be able to review own technical and tactical development and set goals for further development |        |   |  |  |  |   |  |                |

# MAPPING

| Cambridge Technicals in Sport 2012 units |  |        |   |  | Cambridge Technicals in Sport and Physical Activity 2016 units |            |        |          |  |
|--|--|--------|---|--|--|------------|--------|----------|--|
| Unit no.                                 | Unit title   | LO no. | LO title  | Explanation of use of LO from current Technicals     | Unit no.   | Unit title | LO no. | LO title | Other comments                                       |
| 11                                       | Psychology for Sports Performance<br>(BTEC Unit 9) | LO1    | Know the psychological demands of a selected sport  | These LOs are not in any of the new Technicals units |  |            |        |          | These LOs are not in any of the new Technicals units |
|  |  | LO2    | Know the impact motivation can have on sports performance   |  |  |            |        |          |  |
|  |  | LO3    | Know the effect of personality and aggression on sports performance                                       |  |  |            |        |          |  |
|  |  | LO4    | Be able to develop and review a psychological skills training programme to enhance own sports performance |  |  |            |        |          |  |



We'd like to know your view on the resources we produce. By clicking on the 'Like' or 'Dislike' button you can help us to ensure that our resources work for you. When the email template pops up please add additional comments if you wish and then just click 'Send'. Thank you.

Whether you already offer OCR qualifications, are new to OCR, or are considering switching from your current provider/awarding organisation, you can request more information by completing the Expression of Interest form which can be found here: [www.ocr.org.uk/expression-of-interest](http://www.ocr.org.uk/expression-of-interest)

#### **OCR Resources:** *the small print*

OCR's resources are provided to support the delivery of OCR qualifications, but in no way constitute an endorsed teaching method that is required by OCR. Whilst every effort is made to ensure the accuracy of the content, OCR cannot be held responsible for any errors or omissions within these resources. We update our resources on a regular basis, so please check the OCR website to ensure you have the most up to date version.

This resource may be freely copied and distributed, as long as the OCR logo and this small print remain intact and OCR is acknowledged as the originator of this work.

OCR acknowledges the use of the following content:  
Square down and Square up: alexwhite/Shutterstock.com

Please get in touch if you want to discuss the accessibility of resources we offer to support delivery of our qualifications:  
[resources.feedback@ocr.org.uk](mailto:resources.feedback@ocr.org.uk)

#### **Looking for a resource?**

There is now a quick and easy search tool to help find **free** resources for your qualification:

[www.ocr.org.uk/i-want-to/find-resources/](http://www.ocr.org.uk/i-want-to/find-resources/)

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

OCR Customer Contact Centre

#### **Vocational qualifications**

Telephone 02476 851509

Facsimile 02476 851633

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

OCR is part of Cambridge Assessment, a department of the University of Cambridge. *For staff training purposes and as part of our quality assurance programme your call may be recorded or monitored.*

© **OCR 2016** Oxford Cambridge and RSA Examinations is a Company Limited by Guarantee. Registered in England. Registered office 1 Hills Road, Cambridge CB1 2EU. Registered company number 3484466. OCR is an exempt charity.

