



What are Cambridge Technicals?

Cambridge Technicals are vocational qualifications at Level 2 and Level 3 that have been developed on the Qualifications and Credit Framework (QCF).

Why Cambridge?

Cambridge Technicals have been developed by building on our link with the University of Cambridge and the Cambridge Approach to assessment and its reputation for offering creative and inspiring vocational qualifications. We've done this by ensuring that Cambridge Technicals have a clear, practical and sensible approach to assessment. We've worked in partnership with practising tutors/teachers, as well as industry specialists and leading employers, in the development of these qualifications and the support materials, to offer your students an exciting, inspiring and challenging qualification created to develop transferable skills that are essential in the workplace or for further study.

Cambridge Technicals and Cambridge Nationals - how they differ

Cambridge Technicals are targeted at students aged 16+ in either school or FE. They allow for greater flexibility with the choice of units that make up the qualification and are 100% internally assessed. OCR believes Cambridge Technicals provide a good grounding for progression to University. All our Level 3 Cambridge Technicals have UCAS tariff points. (It is important to check individual course requirements when applying to university).

Plus, they meet the DfE's published criteria for 'Applied General' and 'Tech Award' qualifications in Key Stage 5 Performance Tables 2016.

Cambridge Nationals are targeted at 14 to 16-year-olds. They're available as an Award, Certificate and Diploma, with the Certificate being the same size as a GCSE. They use both internal and external assessment and are recognised in the DfE's Key Stage 4 Performance Tables. In addition, most are recognised within Progress 8 performance measures for 2016.

Cambridge Technicals - Sport

Level 2 Cambridge Technical Certificate in Sport

Level 2 Cambridge Technical Extended Certificate in Sport

Level 2 Cambridge Technical Diploma in Sport

Level 3 Cambridge Technical Certificate in Sport

Level 3 Cambridge Technical Introductory Diploma in Sport

Level 3 Cambridge Technical Subsidiary Diploma in Sport

Level 3 Cambridge Technical Diploma in Sport

Level 3 Cambridge Technical Extended Diploma in Sport

Sport

Sport is currently one of the fastest-growing industries in the UK and offers a huge range of professions in a variety of different areas. These can be from grass-roots level, all the way through to international level, and can focus on improving students' own or other athletes' performance through coaching, fitness training, technology, psychology or nutrition. Students can specialise in aiding athletes' recovery and rehabilitation from injury through sports massage and other treatments or could focus more on the business side of sport in areas such as event management and marketing, sports media or talent identification and development.

Whatever area of sport your students are interested in, Cambridge Technicals can provide them with a range of transferable skills and knowledge areas. They're an ideal foundation for students entering the workplace, because of the combination of a theoretical background that's reinforced with practical learning and assessment.

Cambridge Technicals – at a glance

Freedom and excitement

You can enjoy the freedom and excitement of teaching the Cambridge Technicals that have been developed to help you inspire your students.

FREE visiting moderation

We offer two FREE moderation visits a year, providing you with supportive feedback, advice and guidance.

Qualification credibility

Our Cambridge Technicals have UCAS points, ensuring that they will be valuable and recognised for your students to be able to progress into HE.

No external assessment

We don't have external assessment in Cambridge Technicals, providing you with the freedom to choose when to assess your students depending on their learning styles and ability.

FREE support materials and training

We have FREE, high-quality support materials for all our Cambridge Technicals, which are available for you to download from ocr.org.uk/cambridgetechnicals.

Work experience

Work experience can be customised to the learning style of your students and the availability of placements.

Minimal mandatory units

Cambridge Technicals have minimal mandatory units, providing you and your students with the ability to consider specialist pathways and choose the units they want to study.

Wide range of qualifications

Within the suite of Cambridge Technicals, there is a wide range of different qualification sizes to fit all learning programmes.

Natural progression of grading criteria within units

There is a natural progression through the grading criteria from Pass through to Merit and Distinction, reflecting current sector practice.

Funding is available

Funding is available for Cambridge Technicals.

OCR has a proven track record in providing an exemplary service to support our qualifications

The specifications are designed **with you in mind**, using a clear and easy-to-understand format, making them straightforward to deliver.

Our **clear and sensible assessment** approach means that requirements are clearly presented and sensibly structured for you and your students.

Pathways for choice – we have the broadest range of vocational qualifications, and the Cambridge Technicals provide an ideal foundation for students to progress to more advanced studies and to the workplace.

Working in partnership to support you – together with teachers, we've developed a range of practical help and support to save you time. We provide everything you need to teach our specifications with confidence and ensure that your students get as much as possible from our qualifications.

Cambridge Technicals are supported with new, exciting products and continuing professional development opportunities.

OCR Level 2 Cambridge Technicals in Sport

Unit number	Unit title	Certificate 15 credits GLH 90	Extended Certificate 30 credits GLH 180	Diploma 60 credits GLH 360			
1	Practical sport Students will have an opportunity to develop skills, techniques and use of tactics/ strategies in selected sports.	10	10	10			
2	Anatomy and physiology for sport Students will gain a basic knowledge of the function and structure of body systems linking to exercise and sport.	5	5	5			
3	Fitness testing and training Students will learn about components of fitness and actively engage in assessing their own.	5	5	5			
4	Nutrition for sports performance Students will explore nutritional requirements of a sport and assess their own diet in relation to sport.	10	10	10			
5	Development of personal fitness Students will look at factors to produce a personal fitness programme and, in consultation, devise a coaching plan.	5	5	5			
6	Lifestyle and the sports performer Students will consider effective time management, appropriate behaviour for an elite athlete and factors influencing career planning.	10	10	10			
7	Effects of exercise on the body systems Students will examine the changes of the body systems during short-term and long-term exercise and the role of drugs.	5	5	5			
8	Injury in sport Students will learn how to minimise the risk of injuries, and react to common injuries during sport.	10	10	10			
9	Planning and leading sports activities This unit is designed to enable students to plan, lead, deliver and review safe and effective sporting activities.	10	10	10			
10	Technical skills and tactical awareness for sport This unit will give students a better understanding of the technical skills and tactical awareness required in sport.	10	10	10			
11	Psychology for sports performance Students will explore different principles and the concepts involved in improving overall performance in sport.	10	10	10			
	Minimum mandatory credits	15	15	15			
	Minimum optional credits	0	15	45			
	Total minimum credits required	15	30	60			
	Notes	Mandatory units are shaded					

Assessment and moderation

Cambridge Technicals can be assessed and claimed when the student is ready, so you're not restricted to set dates and times.

Our team of Visiting Moderators will be able to offer you support, advice and guidance throughout, and will moderate a selection of assessments.

Simple and sensible certification

We've introduced a Distinction* grade for the full qualification. The grades offered are Pass, Merit, Distinction and Distinction* at Level 2.

OCR Level 3 Cambridge Technicals in Sport

Unit number	Unit title	Certificate 30 credits GLH 180	Introductory Diploma 60 credits GLH 360	Subsidiary Diploma 90 credits GLH 540	Diploma 120 credits GLH 720	Extended Diploma 180 credits GLH 1080
1	Principles of anatomy and physiology in sport Human anatomy and physiology is a key theme for anyone aspiring to work in sport.	5	5	5	5	5
2	Sports coaching Students will consider coaching roles, responsibilities and techniques, and plan and deliver sports coaching sessions.	10	10	10	10	10
3	Current issues in sport This unit is designed to provide insight into how sport has evolved into a multi-billion-pound worldwide industry, and consider contemporary issues.	10	10	10	10	10
4	The physiology of fitness This unit builds on the knowledge developed in OCR Cambridge Technical in Sport Unit 1 anatomy and physiology.	5	5	5	5	5
5	Sports nutrition Students will investigate the concepts of nutrition and digestion in relation to sports performance.	10	10	10	10	10
6	Psychology for sports performance This unit will enable students to understand the different elements of sport psychology.	10	10	10	10	10
7	Practical team sports Students will develop skills, techniques and use of tactics/strategies in selected team sports.	10	10	10	10	10
8	Sport as a business This unit explores the organisation of sports businesses and what makes them successful, plus legal and financial implications.	10	10	10	10	10
9	Exercise for specific groups Students will consider the provision of exercise for specific groups including practical experience of creating exercise plans.	10	10	10	10	10
10	Outdoor and adventurous activities Students will gain knowledge, understanding and practical skills associated with outdoor and adventurous activities, including considering environmental effects.	10	10	10	10	10
11	Practical individual sports Students will develop skills, techniques and use of tactics/strategies in selected sports, and look at analysing performance.	10	10	10	10	10
12	Applied sport and exercise physiology This unit will look at environmental factors, individual factors of age, race and gender, and ergogenic aids.	10	10	10	10	10
13	Leadership in sport This unit will support the development of the skills to be an effective leader.	10	10	10	10	10
14	Instructing physical activity and exercise Students will learn how to design, plan, deliver and review exercise sessions for different client groups.	10	10	10	10	10
15	Sports injuries Students will explore how to minimise the risk of injuries, react to common injuries and plan treatment and rehabilitation programmes.	10	10	10	10	10
16	Analysis of sports performance This unit provides a better understanding of analysis methods and resources.	10	10	10	10	10
17	Talent identification and development in sport This unit considers concepts such as predicting how athletes achieve greatness, and what factors contribute to excellence.	10	10	10	10	10
18	Sport and exercise massage Students will gain an understanding of effects of sport and exercise massage and its practical application.	10	10	10	10	10
19	Organising sports events Students will deliver a sports event, and consider their role in a team, and personal development.	10	10	10	10	10

OCR Level 3 Cambridge Technicals in Sport

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20	Technical and tactical skills in sport Students will consider technical and tactical demands for a sport, assessing these in elite performers and themselves.	10	10	10	10	10	
21	The athlete's lifestyle This unit will enable students to recognise lifestyles that elite athletes should be following, and responsibilities of being in the public eye.	10	10	10	10	10	
22	Assessing risk in sport Students will consider legislation, legal factors, and risk, and apply their knowledge in a practical situation.	10	10	10	10	10	
23	Fitness training and programming This unit is designed to provide students with understanding and skills to create fitness training programmes, plus experience of working with a client.	10	10	10	10	10	
24	Sports development Students will look at the diverse nature of sports development and fundamental principles.	10	10	10	10	10	
25	Fitness testing for sport and exercise Students will gain knowledge and understanding of health screening, health monitoring tests and fitness testing, including practical experience.	10	10	10	10	10	
26	Work experience in sport This unit provides the opportunity to undertake a work experience placement in a sports environment. Public and private sector opportunities could be available depending on local provision but could include experiences in sports journalism, physiotherapy, education and sport development.	10	10	10	10	10	
	Minimum mandatory credits	30	30	30	30	30	
	Minimum optional credits	0	30	60	90	150	
	Total minimum credits required	30	60	90	120	180	
	Notes	Mandatory units are shaded					



Learning resources

Learning resources are an important part of any qualification and Cambridge Technicals are no exception. We have developed a suite of support and learning resources that provides what teachers tell us they want.

By working in this collaborative way, we have ensured that our range of resources supports classroom activities, from lesson planning and teaching to monitoring student progression and success.

Unit Introduction Presentations

We have developed an introductory presentation for each of the mandatory units. These presentations provide an overview of the unit in an interesting and informative manner. These can be used either in the classroom or during open evening events.

Delivery Guides

We have produced a Delivery Guide for each of the mandatory units. These guides give a framework with teaching suggestions covering all the learning outcomes within each unit.

Lesson Elements

Lesson Elements are activities that can be used in the classroom and relate to the topics covered in the units.

Resources Link

Resources Link is an interactive PDF that allows teachers to view external resources that may be of use in teaching the qualification.

Skills Guides

We are producing a set of Skills Guides that are not specific to a particular qualification, but each covers a topic that could be relevant for a range of qualifications – for example, communication, legislation and research.

Rules of Combination (ROC) Calculator

The ROC Calculator is an administrative tool that allows centres to identify the correct combination of units for students to undertake in order to be eligible for a certain qualification path.

Progress Tracker

The Progress Tracker is an administrative tool that teachers can use for tracking the progress of their students through the learning outcomes of the units selected for their qualification path.

Project Approaches

We're currently developing this resource for Sport – it'll show you how setting a project for your students enables them to cover all the learning outcomes in a range of units.

Download these resources today from ocr.org.uk/cambridgetechnicals.

OCR CPD Hub your route to our teacher training

Whether you want to come to a specific event or search for resources and training materials, you can find what you're looking for on our CPD Hub.

Training events

Visit the CPD Hub to find out about our face-to-face training events available to help support your preparation, teaching and assessment.

Assignment Checker Service

Due to the vocational nature of Cambridge Technicals, we think it's really important for your students to be set assignments that reflect the local environment. This is why we have left the setting of assignments up to you.

If you're an OCR centre and concerned that your assignment may not meet the requirements of the unit, we will check it for you. You will be able to access this service via cpdhub.ocr.org.uk for all Cambridge Technicals subjects. The checking of mandatory unit assignments will be free of charge, and there will be a charge for checking assignments for optional units.

Sample learner work

You'll find sample learner work for a range of Cambridge Technicals subjects on our CPD Hub. The work shows you examples of how students have performed against learning outcomes/assessment criteria. We'll upload further sample learner work as it becomes available.

Advisory visits

If you're an OCR centre delivering Cambridge Technicals, you can take advantage of a free advisory visit. This is available before your first moderation visit and will provide an opportunity to discuss the specification and assessment criteria, delivery ideas, centre-set assignments and more.

To book a visit, please email the CPD team at cpdhub@ocr.org.uk. To make sure this can be arranged as quickly as possible, you must take the following steps:

- · Use 'Advisory Visit' as the subject title
- List the Cambridge Technical subject/s for which you're requesting a visit
- List the topics you'd like to go through
- · List any particularly suitable/unsuitable dates over the next few weeks from the date of request.
- Clearly include contact details for the person with whom we should arrange the visit.



Administration overview

With Cambridge Technicals we try to make your life easier. Follow the simple steps below to implement the qualification in your centre.

7 Steps to Achievement



1 Centre approval

For further details, please visit <u>ocr.org.uk/approval/general</u>, which includes the application form and centre approval policy.



2 Enter your candidates

Enter your candidates online or via Electronic Data Interchange (EDI). We'll assign an expert OCR Visiting Moderator and you will receive two free visits each academic year.



3 Assessment

There is a sample model assignment available at each level to give you some ideas, as well as assessment guidance in each unit. Assignments are set and assessed by the centre. You will then internally standardise your candidates' work on the units, prior to the Moderator visits.



4 Submit your grades

Let the Moderator know which candidates and units are ready to be moderated. There is no need to send candidates' work.



5 Prepare your sample

Your Moderator will require a sample after you've submitted your grades and will let you know which candidates' work will be moderated during their visit.



6 Moderation visit

Your Moderator will confirm grades, provide feedback, advice and guidance, and share best practice during their visit.



7 Results

We will issue electronic results and send unit and full award certificates as appropriate.

Preparing for first teaching

Adopting a new specification can appear daunting. There's quite a lot of information to weigh up: the demands of the course, the quality of support, and the needs and expectations of teachers and candidates. Here's some advice to help you make the best decision.

7 Steps to First Teaching



1 Make the most of the OCR website

The unit specifications will be available online. While the overall programme of study might be familiar, it's important to check each unit specification to make sure that you're happy with the learning outcomes, knowledge, understanding and skills.



2 Review the model assignments

There is a model assignment available at each level. These will give you a clear idea about the type of tasks you can set. They can be used directly, or adapted, or used as templates for completely new assignments.



3 Make good marking decisions

Using the specification and Administration Guide for cross-reference, check our model assignments, which come complete with Moderator's commentary to support marking decisions.



4 Get social

Visit our social media site at <u>social.ocr.org.uk</u> – by registering, you'll have FREE access to a dedicated platform where teachers can engage with each other – and OCR – to share best practice, offer guidance, and access a range of support materials produced by other teachers, such as lesson plans, presentations, videos and links to other helpful sites.



5 Enjoy support and guidance

It's wise to review our Chief Co-ordinator's annual report for generic guidance and to explore their summary of key issues.



6 Get great training

Check OCR's INSET training programme to see if there is a convenient course available. INSET training is an excellent way to get practical advice on the best ways to deliver Cambridge Technicals.



7 Explore external websites

It's often worthwhile carrying out an internet search to see if there is any free or paid-for resource material available. Please always check that whatever material you incorporate into your teaching meets the qualification's assessment requirements.



CONTACT US

Staff at the OCR Customer Contact Centre are available to take your call between 8am and 5.30pm, Monday to Friday.

We're always happy to answer questions and give advice.

Telephone 02476 851509
Email <u>cambridgetechnicals@ocr.org.uk</u>
<u>ocr.org.uk/cambridgetechnicals</u>