



CTEC Sport



Examination Board:

OCR Cambridge Technicals

Assessment:

Internally assessed units of work and examinations.

Why Study CTEC Sport?

The OCR Level 3 Cambridge Technical Extended Certificate in Sport and Physical Activity introduces the sector for learners looking to build a career in sport, within one of its occupational areas. These areas include careers in exercise and fitness, coaching, leadership and sports development.

This course provides a more practical, real-world approach to learning alongside a theoretical background, giving learners the knowledge, understanding and skills that they need to prepare for employment.

Your Future Pathways

Sports offers you a number of transferrable skills that can be applied to a wide range of careers. These may include physiotherapy, sports coaching, personal trainers, sports development and biomechanics.

What Will I Study?

The course is made up of 5 units. Two of the units that students will study are optional units and will be decided in consultation with the students. The mandatory units include:

- **Body Systems and the effects of physical exercise:** In this unit you will gain an understanding of the structures and functions of the key body systems, how these support and impact performance in sport and physical activity and the effects that physical activity, training and lifestyle can have on them.
- **Sports coaching and activity leadership:** This unit will give you an understanding behind the theory of what makes good sports coaches and activity leaders and methods that can be employed to improve the performance of participants.
- **Sports Organisation and development:** you will gain an understanding of the organisations involved in sport in the UK, their roles and responsibilities and how they work together