

CTEC SPORT & PHYSICAL ACTIVITY (Sports Coaching)

Course

Cambridge Technical Diploma.
Sport and Physical Activity.
(Equivalent to two A-levels)

Exam Board

OCR

Entry requirements

- Level 4 or higher in GCSE PE, or
- Merit or higher in BTEC Level 2 Sport, or
- Merit or higher in Cambridge National Sports Science or Sports Studies
- Level 4 or higher in GCSE English, Maths and Science.

Why study Physical Education?

The course will meet the needs of those aspiring to a career in sport and the health and leisure industry. The broad study base provides a variety of experiences and the opportunity to acquire knowledge across a diverse range of subjects. The course not only serves as a route to full time employment within sports related fields, it is also a proven progression route to Higher Education.

Course content

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
- **Unit 4:** Working safely in sport, exercise, health & fitness
- **Unit 5:** Performance analysis in sport
- **Unit 8:** Organisation of sports events
- **Unit 17:** Sports injuries and rehabilitation
- **Unit 18:** Practical skills in physical activities

Optional units (decision to be made by staff in consideration of the strengths and interests of each class). Three units from:

- **Unit 10:** Biomechanics and movement analysis
- **Unit 12:** Nutrition and Diet
- **Unit 13:** Health and fitness testing for sport and exercise
- **Unit 19:** Sport and exercise psychology

Assessment

Units are assessed using a grading scale of Distinction*, Distinction, Merit, Pass and Unclassified. Assessment is by a combination of methods across the different units.

- **Units 1, 3 & 4:** Outcomes are assessed through externally set, written examination papers taken in the January or June exam series
- **All other units:** Internally assessed and externally moderated coursework tasks taken throughout years 12 and 13

Basketball Academy

S.Peter's offers a high quality basketball performance programme where students will have the chance to combine regular high quality training and match play with their studies. The Academy teams will compete in local, regional and national basketball leagues. The Extended Diploma in Sport course would be well-suited to those individuals who wish to become part of the Basketball Academy. Please contact Mr Anderson for further details regarding the Basketball Academy.

Progression after Sixth Form

The course will prepare students to pursue further study in a sports-related fields such as a HNC or degrees in Sports Studies, Sport and Exercise Science, Sports Therapy, Sports Management or Sports Coaching. Alternatively students may enter a career in the sport and leisure industry. Those students who combine this course with the Basketball Academy may wish to pursue basketball further in the UK or USA. Learners should always check the entry requirements with specific higher education providers.

Career Opportunities

Possible sports-related careers include sports therapy, sports coaching, strength and conditioning, personal training, Physical Education teaching, sports officiating, sports development and leisure management. Those pursuing the basketball pathway through the Basketball Academy have the opportunity to pursue careers in basketball performance, coaching and officiating.

For more information contact Head of Department:

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