Physical Education

OCR Level 3 Cambridge Technical Extended Certificate

The qualification is for learners who want to study sport, leisure or fitness.

This qualification is not just about being able to play sport; it will provide learners with the skills , knowledge and understanding to progress into Higher Education.

It is equivalent of one A level qualification

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Learners will study the following mandatory units:

- Body systems and the effects of physical activity
- Sports Coaching and activity leadership
- Sports organisation and development

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Learners will also choose two from the following optional units:

Performance Analysis in sport & exercise
Organisation of sports events
Biomechanics and movement analysis
Physical activity for specific groups
Nutrition and diet for sport and exercise
Sports Injuries and rehabilitation
Practical skills in sport and physical activities
Sport and exercise psychology
Sport and exercise sociology

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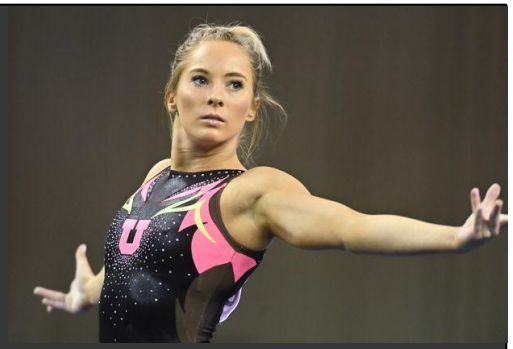
How will I be assessed:

Unit 1 Body systems & the effect of physical activity
1 hour 30 min exam (70 marks)
Written paper comprising multiple choice, short answer
Questions and questions requiring more extended responses.

Unit 3 Sports Organisation and development
1 hour written exam (60 marks)
Written paper comprising multiple choice, short answer
Questions and questions requiring more extended responses.

All other units will be internally assessed and externally moderated via mini assignments or project based learning Programme in which learners can be graded from Pass to Distinction *



What do I need? What can it lead to?

What do I Need?

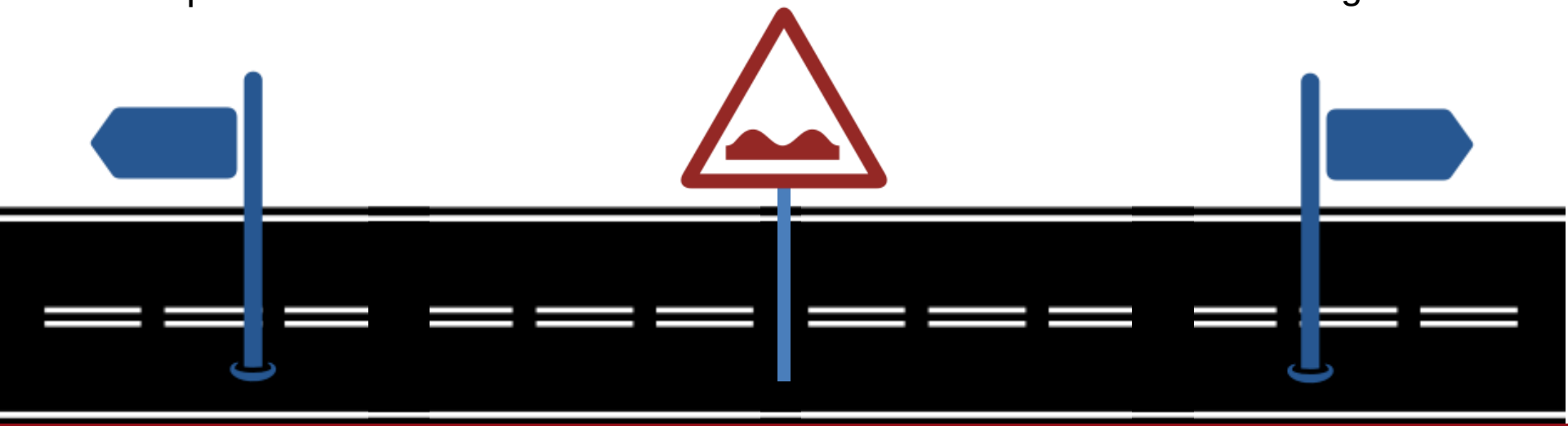
It is recommended that learners will have achieved sport or physical education qualifications in GCSE PE at grade 4/grade C or above or level 2 vocational qualification.

Also

It is also recommended that you have a grade 4 / grade C or above in Math's & English GCSE.

Where can it lead?

Higher Education on a sport related programme such as Sport & Physical Education, Sport Science, Sport Coaching & Development or Sport & Leisure Management



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Thanks for listening

Any questions then please do not hesitate to contact me via email:

Jon.chappell@ridgeway.herts.sch.uk