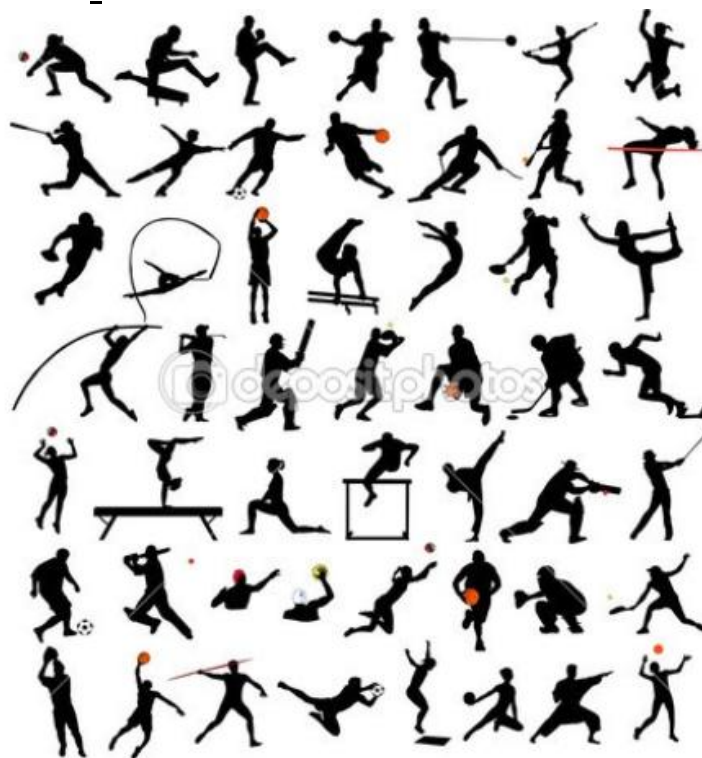


OCR Level 3 Cambridge
Technical Extended Certificate in
Sport & Physical Activity



THE BRUNTS
ACADEMY

Level 3 Cambridge Technicals in Sport

	Cambridge Technical Extended Certificate in Sport and Physical Activity (Single Award)	Cambridge Technical Diploma in Sport and Physical Activity (Double Award)
	OCR Level 3 Cambridge Technical Extended Certificate in Sport and Physical Activity 360 GLH equivalent to one A level in terms of size - Unit 1, 2 (90 GLH each), and Unit 3 (60 GLH) are mandatory - Plus a minimum of 120 GLH chosen from the optional units (30 and 60 GLH). It will provide learners with the opportunity, through applied learning, to develop the core specialist knowledge, skills and understanding required in the sport and physical activity sector.	OCR Level 3 Cambridge Technical Diploma in Sport and Physical Activity 720 GLH equivalent to two A levels in terms of size. - Units 1, 2 and 4 (90 GLH each), Unit 3 (60 GLH) and Unit 11 (30 GLH) are mandatory in all pathways - Unit 6, 7 and 13 (60 GLH each) are mandatory in the Personal Training pathway - Unit 5, 8, 17 and 18 (60 GLH each) are mandatory in the Sports Coaching pathway. - The remaining GLH for each pathway must be chosen from the optional units (30 or 60 GLH). It will provide learners with the opportunity to develop the core knowledge, skills and understanding required by the sport and physical activity sector and to develop further skills by completing a wide range of units through a choice of specialist pathways: - Sports Coaching - Personal Training.
Overview	5 units overall. 3 mandatory units totalling 240 GLH and 2 optional units totalling 120 GLH.	11 units overall. 9 mandatory units totalling 600 GLH and 2 optional units totalling 120 GLH.
Y12 Units	- Unit 1 - Body systems and the effects of physical activity - 90 GLH, assessment method - external exam - mandatory - Unit 3 - Sports organisation and development - 60 GLH, assessment method - external exam - mandatory - Unit 8 - Organisation of sports events - 60 GLH, assessment method - internal assignments - optional	- Unit 1 - Body systems and the effects of physical activity - 90 GLH, assessment method - external exam - mandatory - Unit 3 - Sports organisation and development - 60 GLH, assessment method - external exam - mandatory - Unit 4 - Working safely in sport, exercise, health and leisure - 90 GLH, assessment method - external exam - mandatory - Unit 8 - Organisation of sports events - 60 GLH, assessment method - internal assignments - mandatory - Unit 11 - Physical activity for specific groups - 30 GLH, assessment method - internal assignments - mandatory - Unit 13 - Health and fitness testing for sport and exercise - 60 GLH, assessment method - internal assignments - optional
Y13 Units	- Unit 2 - Sports coaching and activity leadership - 90 GLH, assessment method - internal assignments - mandatory - Unit 17 - Sports injuries and rehabilitation - 60 GLH, assessment method - internal assignments - optional	- Unit 2 - Sports coaching and activity leadership - 90 GLH, assessment method - internal assignments - mandatory - Unit 17 - Sports injuries and rehabilitation - 60 GLH, assessment method - internal assignments - mandatory - Unit 18 - Practical skills in sport and physical activities - 60 GLH, assessment method - internal assignments - mandatory - Unit 5 - Performance analysis in sport and exercise - 60 GLH, assessment method - internal assignments - mandatory

		Unit 19 - Sport and exercise psychology - 60 GLH, assessment method - internal assignments - optional
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External Assessment

Units 1, 3 and 4 (double award only) are exam-based units. These will be written papers which will be made up by multiple-choice, short answer questions and questions requiring more extended responses. Unit 1 and 4 are 90-minute exams worth 70 marks; unit 3 is a 60-minute exam worth 60 marks. These exams are set and marked by OCR. These exams can only be taken in January and June. These exams allow for two attempts: a first attempt and a two resits with your best result used to calculate overall grade. Unfortunately, if a minimum of a 'pass' is not achieved in these attempts you fail the course!

Internal Assessment (Coursework)

For all non-exam units, you will be set several assignments to complete. These ALL will be assessed, and ALL contribute towards your final grade. The work will be marked by your teacher and feedback will be given. However, the feedback given isn't allowed to be step-by-step guide about what to do or provide detail where to find the information/evidence. It will however describe where you have/haven't met the criteria or identify areas that require improvements.

You are allowed to resubmit work, if your teacher feels that you can improve the grade. You are not permitted to make multiple re-submissions that make small modifications through on-going feedback to eventually achieve the desired grade.

Calculating the Qualification Grade

Each assignment will be graded as pass, merit or distinction. The number of points for each unit will depend on the size of the unit, as some units have more guided learning hours (GLH) than others. The table on the next page illustrates this:

Unit GLH	Points table for units based on GLH				
	Near Pass (R)*	Pass	Merit	Distinction	Unclassified
30	N/A	7	8	9	0
60	12	14	16	18	0
90	18	21	24	27	0

* Near-Pass (R) grade is issued, at unit level, for learners who narrowly miss a Pass on externally assessed units.

At the end of the course all the points are added together. An example of how things might look after the end of the Y13 for those doing the single award is shown in the table below:

Unit	GLH	Grade	No. of points
1	90	Pass	21
2	90	Merit	24
3	60	Pass	14
8	60	Merit	16
18	60	Distinction	18
Qualification grade totals			93

It needs to be reiterated that you **must achieve at least a pass grade in every unit**, if not then the qualification will not be awarded.

End of course boundaries (single award)

Grade Boundaries	Overall Grade	UCAS points
104 and above	Distinction*	56
100 - 103	Distinction	48
92 - 99	Merit	32
84 - 91	Pass	16
Below 84	Unclassified	0

End of course boundaries (double award)

Grade Boundaries	Overall Grade	UCAS points
208 and above	Distinction*-Distinction*	112
204 - 207	Distinction-Distinction*	104
200 - 203	Distinction-Distinction	96
192 - 199	Merit-Distinction	80
184 - 191	Merit-Merit	64
176 - 183	Pass-Merit	32
144 - 175	Pass-Pass	16
Below 144	Unclassified	0

Plagiarism

All your work must be free from plagiarism.

Plagiarism is the submission of someone else's work as your own and/or failure to acknowledge a source correctly.

'Plagiarism often occurs innocently when students don't know that they must reference or acknowledge their sources, or aren't sure how to do so' (Cambridge Technicals Level 3 - Sport and Physical Activity Qualification Handbook, 2016).

To avoid plagiarism:

- You ARE ALLOWED to refer to research, quotations or evidence produced by somebody else but your work must list and reference the sources. (As shown above, or reference the website that the info was taken from).
- When quoting someone else's work, even when it's properly sourced and referenced, isn't an indication of understanding. You have to 'do' something with that information to show you understand. For example, if you are asked to analyse data from an experiment, quoting data doesn't show that they understand what it means. You have to interpret the data and, by relating it to their assignment, say what you think it means.
- Don't copy work that is produced by another student or by the teacher (e.g. PowerPoint presentations), put everything into your own words.

If plagiarism or malpractice is suspected in the teachers professional judgement, you will be asked to complete the task again. You may be asked to do this in your own time under the direct supervision of a member of staff. If the incident is more serious, or ongoing, then further action will be taken.

Coursework Guidelines

- All assignments (internally assessed) should be word processed, with their full name, unit title, assignment title and page numbers. This should be done in the form of a header and/or footer.
- Your work should be typed in a **size 10 comic sans/Aptos**.
- All coursework should be **appropriately referenced**, including a full list of sources (or if appropriate a bibliography). You should include all books, websites and any additional sources of information.
- Work should be referenced using the **Harvard referencing system**.
- **Plagiarism will not be tolerated**. Any student caught copying another student's work or using AI will have to do the entire task again. All direct quotes must be in **quotation marks** and the sources acknowledged. This should include the **page numbers** of the textbook or the URL (website link) of the webpage.
- **All deadlines must be met**. Failure to hand in work on time may result in that task not being marked.
- You must sign a **student declaration** at the end of each unit of work. This says that you agree with your grade and all the work is your own.

Attendance

Our aim is to give you every opportunity to complete all of your assignments during the lesson time in school.

Please make every effort to attend every lesson, then you will not get behind schedule.

If you are absent, we will expect you to catch up on missed work. We will give you the opportunity to do this independently. If you fail to do this within an agreed deadline, arrangements will be made for you to complete the work supervised by PE staff during lunchtimes and after school.

Course Progressions

This course should provide a broad and solid foundation from which you could progress along several pathways:

Further Education

University courses in coaching,
teaching, sport and exercise
science, sports studies, etc.

Careers

Sports Coaching, Teacher - Primary/PE specialist, Gym instructor, Sports
Development Officer, Sports Therapist, Sports Centre Manager, Sports Science,
Sporting Media, Sports Psychologist, Sports Marketing, Sports Event Management

Task 1: Active Watch

Unit 17: Sports Injuries and Rehabilitation

Watch the following documentary entitled 'Ben Youngs investigates: How safe is rugby?', and make notes on the following questions:

[Is the game he loves... safe? Ben Youngs investigates | Full documentary | BBC Sport](#)

What are the symptoms of concussion?	What medical conditions are associated with concussion?
What strategies are the Rugby Football Union as a National Governing Body implementing to reduce the risk of concussion and medical conditions?	Some retired rugby union players are suing the sports' governing body after being diagnosed with medical conditions following suffering head injuries whilst playing the sport. What extent do you think players need to accept the risks and subsequent medical conditions that may develop through participating in rugby union?

Task 2: Personality Comparisons

Unit 2: Sports Coaching and Activity Leadership

Task(s):

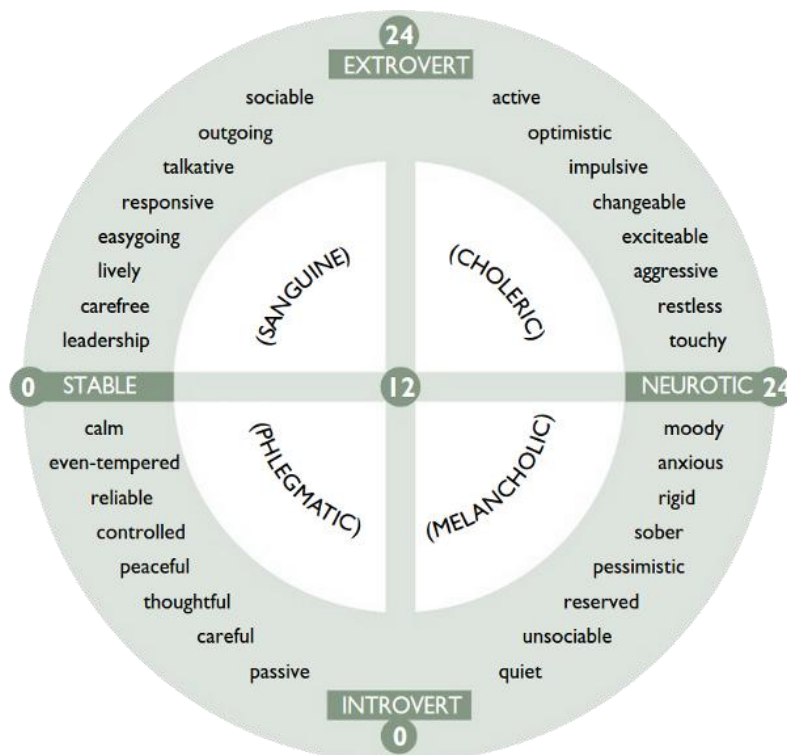
- 1) Read and highlight the information below on different personality types and identify and justify the types of personality associated with each leader pictured.
- 2) Complete the personality test on this link - [Personality](#), and reflect on whether you think your result matches the characteristics associated with the two personality types below and the traits in the diagram by Hans Eysenck.

Type A personalities can also be described as extroverts. They are highly motivated and competitive, although they can sometimes become impatient and aggressive. Extroverts are loud, outgoing and confident, and thrive within larger groups. However, if an extrovert cannot control their personality well, they may easily be perceived as aggressive and unapproachable.

Type B personalities can also be described as introverts. An introvert is driven by their own goals from within and takes great care in making decisions. They are more comfortable spending time alone or with people they are close to and will not be comfortable working in large groups. They are also more relaxed than type A and much more tolerant of others; they tend to prefer to focus and take time to reflect.



Pictured left to right: Diego Simeone (Football Manager at Atletico Madrid); Luke Donald (European Ryder Cup Captain); Ben Stokes (England Men's Test Cricket Captain); Sarina Wiegman (England Women's Football Manager).



Task 3: Independent Research

Unit 3 - Sports Organisation and Development



Task: Using the links below identify and compare the role(s) and purposes of Sport England, UK Sport and a National Governing Body of your choice (i.e., the FA, the ECB, the RFU) and justify which part of the sport development pyramid they fall under pictured above.



Task 4: Performance Profile (double only)

Unit 5: Performance Analysis in Sport and Exercise

Tasks:

- 1) Identify five core skills/techniques, five physical and/or psychological attributes and three tactics that are essential to be a successful performer in a sport (this can be position specific) of your choice. Write these in each of the corresponding rows of the table below.

Characteristics identified by the athlete		Athlete's perceived level of importance (API)	Athlete's self-assessment (ASA)	Discrepancy (10-ASA) x API
Skill				
Physical/Psychological attributes				
Tactic				

- 2) Now rate each skill/technique, attribute or tactic for their perceived level of importance out of ten (1 = not important; 10 vitally important). Do not rate each one ten. This is referred to as API (athlete's perceived level of importance).
- 3) Now self-assess your own performance of each skill/technique, attribute or tactic out of ten. This is referred to as ASA (athlete's self-assessment).
- 4) Now calculate the discrepancy between both ratings by doing following calculation for each skill/technique, attribute or tactic (10-ASA) x API.
- 5) From these calculations, identify two strengths (these are the lowest scores in discrepancy) and two areas for development (these are the highest scores in discrepancy).

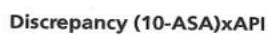
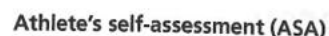
See example of this task completed for volleyball on the next page. The skills are dig, volley, underarm serve, overarm serve, hit, footwork, blocking, return of serve and reverse set. The physical and psychological attributes are explosive strength, coordination, speed, dynamic flexibility, confidence, concentration and decision making. The tactics are defensive positioning and switching.

Characteristics identified by the athlete	Athlete's perceived level of importance (API)	Athlete's self-assessment (ASA)	Discrepancy (10-ASA) x API	Athlete's name:
Dig	8	7	24	Your strengths: 1. Underarm serve 2. Coordination 3. Communication Your areas for improvement: 1. Dynamic flexibility 2. Timing 3. Hitting
Volley	10	7	30	
Hit	8	5	40	
Underarm serve	9	9	9	
Overarm serve	8	7	24	
Setting	7	6	28	
Footwork	6	6	24	
Return of serve	6	6	24	
Blocking	5	3	35	
Reverse set	4	3	28	
Switching	7	5	35	
Defensive positioning	6	6	24	
Timing	7	4	42	
Explosive strength	9	6	36	
Speed	7	5	35	
Dynamic flexibility	8	4	48	
Coordination	8	8	16	
Decision-making	7	6	28	
Confidence	6	6	24	
Resilience	6	6	24	
Communication	7	7	21	
Concentration	7	7	21	

Athlete's name:

1. Underarm serve
2. Coordination
3. Communication

1. Dynamic flexibility
2. Timing
3. Hitting



▲ Figure 5.2 Example of a volleyball performance profiling exercise