

CAMBRIDGE TECHNICAL FIRST AWARD IN SPORT

EXAMINING BOARD: OCR

Entry Requirements: GCSE PE Grade 4-9 or OCR Cambridge National Level 2 – Pass or above

KEY FEATURES OF THE COURSE:

During this 2 year course you will:

- Take part in a range of sports and exercise activities
- Have a wider understanding and appreciation of health-related fitness
- Develop people, communication, planning and team-working skills
- Opportunity to progress to other vocational qualifications such as a Level 3 National in Sport or Sport and Exercise Sciences

MODULES/UNITS COVERED

You will study for a Level 3 Extended Certificate up to Distinction* - 180 guided hours

Units delivered:

- Body systems and the effects of physical activity – externally assessed
- Sports coaching and activity leadership – externally assessed
- Sports organisation and development – externally assessed
- Practical skills in sport and physical activities
- Sport and exercise psychology

TYPE OF ASSESSMENT

Units will be assessed internally by staff and externally moderated. There are two written exams for this course, one in Year 12 and one in Year 13. You will produce a portfolio of work for each unit. Observation records, witness statements and video recordings make up the rest of the evidence.

WHAT WILL I LEARN ON THIS COURSE?

Unit 1 – Body systems and the effects of physical activity

Unit 2 – Looks at sports coaching and you will lead activities

Unit 3 – Looks at how sport is organised and its development

Unit 18 – You will take part in sporting activities and assess your skills

Unit 19 – You will look at how psychology plays a part in sports and exercise