

## **Sport & Physical Activity**

### **Course content**

You will learn the theoretical, biological and mechanical knowledge of different body systems and how they impact directly on sport. You will develop practical skills needed to work within the sporting environment, such as how large sporting organisations are run and how to effectively plan, implement and deliver sporting events to a large audience. You will undertake an in-depth analysis researching the importance and necessity of adequate nutrition and hydration, identifying its importance for elite performance. Students studying this course will be able to develop key skills such as communication, teamwork, confidence, problem-solving, time management and organisation by planning and leading sports coaching sessions.

Students complete a total of five units for the qualification, three mandatory units alongside two optional units.

- Body Systems and the Effects of Physical Activity
- Sports Coaching and Activity Leadership
- Sports Organisation and Development
- Performance Analysis in Sport and Exercise
- Sports Injuries and Rehabilitation

### **Entry requirements**

Grade 4 in GCSE PE or Distinction in vocational PE course and Grade 4 in GCSE English and biology

### **Assessment**

Assessment is specifically designed to fit the purpose and objective of this qualification. It includes a range of assessment types and styles suited to vocational qualifications in the sector. For this qualification, there are two main forms of assessment; internal and synoptic.

**Internally-assessed units:** Most units on this qualification are internally assessed. This means that the school will set and assess the assignments, which will be externally moderated by OCR.

**External assessment:** Four units on this qualification are externally assessed. Students will sit written exam papers based on the qualification content.

### **Progression**

Sport and Physical Activity can open up a vast array of career paths. Students studying this course will have developed the analytical, evaluative and critical thinking skills required to undertake degree-level study in Sports Science, PGCE Teacher Training, Sports psychology, Sports Development and sports physiotherapy/rehabilitation.

For those not wishing to continue with higher education, there are a range of apprenticeships and employment opportunities in sports coaching, officiating and administration and additional training opportunities for those interested in becoming Personal Trainers and Fitness Instructors.