

**OCR Cambridge Technical Level 3 Extended  
Certificate**

**Sport and Physical Activity**



# Introducing Level 3 Sport and Physical Activity

## Why choose this course?

- It provides a mix of **exam and coursework units**, allowing you to demonstrate both theoretical knowledge and practical skills.
- You'll develop transferable skills in **leadership, communication, teamwork, and analysis**, all highly valued in sport-related careers.
- The course is designed to reflect the real-world demands of the sport and fitness industry, helping you build a strong foundation for future study or employment.

## Course structure:

- **Year 12:** You will study **three units**, including **two externally assessed exam units** (sat at the end of Year 12) and **one coursework unit** focusing on **Sports Leadership** — where you'll plan, deliver, and evaluate your own coaching or leadership sessions.
- **Year 13:** You will complete **two coursework units** exploring **Sports Psychology** and **Biomechanics**, developing a deeper understanding of how the mind and body work together to influence performance.

If you're motivated, enjoy sport, and want a hands-on course that links classroom learning to real sporting experiences, then the **OCR Cambridge Technicals Level 3 in Sport and Physical Activity** is the perfect choice for you

## Teaching & Learning

### Our approach to learning

We believe in a **hands-on, applied approach** to sport education. Lessons combine classroom-based theory with practical sessions and independent research. Students are encouraged to take responsibility for their learning, developing independence and confidence through real-life sporting contexts.

### Activities

Students take part in a variety of activities including **coaching and leadership sessions, fitness testing, sports performance analysis**, and **practical workshops** in psychology and biomechanics. There are also opportunities to engage with local sports clubs, community events, and school-based initiatives to gain valuable experience.

### Key skills developed

- **Leadership and teamwork** through coaching and group tasks
- **Organisation and time management** in balancing exams and coursework
- **Applied understanding of anatomy, physiology, and psychology** to improve performance and support others in sport

# Assessment

Students will be assessed by...

Unit 1: Body Systems and the effects of physical activity. Exam (1 hours 30 minutes)

Unit 2: Sports coaching and activity leadership (Coursework)

Unit 3: Sports organisations and developments. Exam (1 hour)

Unit 10: Biomechanics and movement analysis (Coursework)

Unit 19: Sport and exercise psychology (Coursework)

## Subject combinations

Studying the **OCR Cambridge Technicals Level 3 in Sport and Physical Activity** combines well with a range of other subjects that help deepen your understanding of sport, performance, and health.

- **Biology** – helps you understand how the body works, including anatomy, physiology, and the effects of exercise on body systems.
- **Psychology** – supports your study of sports psychology by exploring motivation, confidence, and behaviour in sport and exercise.
- **Business Studies** – useful for students interested in the management, marketing, or enterprise side of sport.

Together, these subjects provide a **well-rounded academic and practical foundation** for further study or careers in areas such as sports coaching, physiotherapy, teaching, sports science, or fitness management.

## Progression Routes

- **University Degrees:**
  - **Sport and Exercise Science** – developing deeper scientific understanding of human performance.
  - **Sports Coaching and Development** – preparing for careers in coaching and mentoring athletes.
  - **Physical Education Teaching** – leading to a career in education through university teacher training routes.
  - **Sport Psychology** – exploring the mental aspects of performance and motivation.
- **Apprenticeships and Employment:**
  - **Fitness Instructor / Personal Trainer** – working within gyms, leisure centres, or private training environments.

## Entry and skill requirements

To enrol on the **OCR Cambridge Technicals Level 3 in Sport and Physical Activity**, students are expected to have achieved one of the following:

- A **Level 2 Merit or above** in **OCR Cambridge Nationals Sport Science**  
or
- A **Grade 5 or above** in **GCSE Biology**

These entry requirements ensure that students have a solid foundation in the scientific and practical aspects of sport, enabling them to confidently progress into the more advanced topics covered at Level 3.

## What do our students think?

Our students describe the **OCR Cambridge Technicals Level 3 in Sport and Physical Activity** as a **rewarding, engaging, and hands-on** course that allows them to connect classroom learning with real-world sport.

*“I really enjoy how practical the course is — we don’t just learn about sport, we get to lead sessions and apply what we’ve learned.”* – Year 12 Student

*“The balance between coursework and exams really suits me. I like being able to show my understanding through projects as well as written assessments.”* – Year 13 Student

*“Studying this course has helped me decide to go on to university to study Sports Coaching. It’s given me the confidence and experience I need.”* – Year 13 Leaver

## Contact us

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