

**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 experiences.

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

Staff member in charge: Tom Barz

Contact email address: tb@persshore.worcs.sch.uk

Telephone Number: 01386 552471