

### Level 3 Cambridge Technical in Physical Activity

05826–05829, 05872

Please find link to more information [here](#)

- **Level 3 Cambridge Technical Extended Certificate in Sport and Physical Activity**
- **Level 3 Cambridge Technical Diploma in Sport and Physical Activity**

The Level 3 Cambridge Technical in Sport and Physical Activity qualifications aim to develop students' knowledge, understanding and skills of the principles of Sport and Physical Activity. Students gain an insight into the sector as they investigate opportunities for delivering sport and physical activity to a wide range of participants, whether it is to mobilise sedentary people to improve their health and wellbeing or to support regular participants to improve their performance and fitness, all done in a safe and professional environment. In doing so, students also gain core skills required for employment or further study in the sector such as communication, analysis, organisation and adaptation. Designed in collaboration with experts spanning the breadth of the sector, the Level 3 Cambridge Technicals in Sport and Physical Activity focus on the requirements that today's universities and employers demand. Students practically apply their skills and knowledge in preparation for further study or the workplace.

A wide range of centre assessed units with practical and wider project-based assessment opportunities, as well as examined units on the body systems and the long and short term impacts of sport and physical activity; how sport is organised and the purpose of sports development; health and safety requirements in sport and physical activity; the purpose of, and how to conduct, research in sport and physical activity; and how businesses in sport are organised and what success looks like to them. Dependent on the size chosen the qualifications either complement a Key Stage 5 study programme alongside other vocational qualifications, A Levels, or may constitute the bulk of a two-year study programme. Students practically apply their skills and knowledge in preparation for further study, apprenticeship or the workplace.

Students develop professional, personal and social skills through interaction with peers, stakeholders and clients, as well as theoretical knowledge and understanding to underpin these skills. These support the transferable skills required by universities and employers such as communication, problem solving, time management, research and analytical skills. Students will consider the barriers to and the effects and benefits of sport and physical activity across all age ranges and social groups, including people with disabilities and BAME, so they can tailor their approach depending on the person, people or situation they're working with to ensure inclusivity. They'll also learn how to work in a safe and effective way, protecting themselves and those they're working with from injury or harm.

### **Unit 1 mandatory unit (externally examined unit)**

#### ***Body Systems and the Effects of Physical Activity***

Whether your students are aiming to become a coach, nutritionist, personal trainer or leisure centre manager, knowledge of the human body, its systems and how they function will help them to ensure that their clients gain the benefits of an active, healthy lifestyle. By understanding the effects that physical activity, training and lifestyle can have on the body systems, students can ensure that sports and activities are properly focused and do not risk a client's health or wellbeing, and will help them to persuade others to pursue and maintain a balanced, active and healthy lifestyle.

In this unit students will gain an understanding of the structures and functions of the key body systems, how these support and impact performance in sport and physical activity, and the effects that physical activity, training and lifestyle can have on them.

### **Unit 2 mandatory unit (internally assessed)**

#### ***Sports Coaching and Activity Leadership***

At some point throughout their lives, everyone will have experienced being coached or taught about sport and physical activity. The importance of a high-quality coach or leader cannot be underestimated. The increasing demand for both young and old to learn and develop physical skills and sporting skills presents new and exciting opportunities for coaches, leaders and National Governing Bodies (NGBs). Through coaching and leading, your students can learn a set of skills in communication, adaptability and inclusivity which will prove valuable in other aspects of their life such as work and study.

This unit will give students an understanding behind the theory of what makes good sports coaches and activity leaders and methods that can be employed to improve the performance of sports participants. They will explore the roles and responsibilities of coaches and leaders and how these differ from each other and be involved in delivering and teaching sport and physical activity. The main part of the unit is related to your students developing the skills and understanding necessary to effectively plan and deliver a series of sports or activity sessions, reflecting on their own practice and using this feedback to improve their performance as a sports coach or activity leader.

### **Unit 3 mandatory unit (externally examined unit)**

#### ***Sports Organisation and Development***

The organisation of sport in the UK can be quite complex with multiple agencies and organisations, both inside of and outside of the UK, working together at different levels on different agendas. One of the key areas which most, if not all, of the organisations involved in sport in the UK are concerned with is sports development and the increase of participation in sport and physical activity, to not only improve the health of the nation, but also to aid the development of elite athletes who can compete and achieve on an international level.

In this unit your students will gain an understanding of the organisations involved in sport in the UK, their roles and responsibilities and how they work together. They will also gain an understanding of sports development including the organisations involved, who sports development is targeted at, why sports development is carried out and how the success of sports development initiatives can be measured.

**Unit 4 mandatory for diploma Sports coaching (externally examined unit)**  
***Working Safely in Sport, Exercise, Health and Leisure***

Whether you are a coach, fitness instructor or recreational assistant, being able to maintain a high level of safety is essential for a successful career. Identifying emergency procedures that may arise, and being able to deal with them, will give your students the skills to deal with such situations.

Throughout the unit students will gain an understanding of key safety requirements to be able to ensure their own, and their clients' safety. Topics include; understanding key health and safety legislations, knowing how to administer emergency first aid, understanding roles, responsibilities and reporting duties in safeguarding children and vulnerable adults, and finally knowledge of key health and safety documents, including how to carry out risk assessments.

**Unit 5 mandatory for diploma Sports coaching (internally assessed)**  
***Performance Analysis in Sport and Exercise***

For competitive sports performers, even the smallest margins in time and/or distance can mean the difference between winning or losing, success and failure.

Even for performers who are not competing at the top level, the desire to improve and 'be the best that I can be' means that analysing performance and getting constructive feedback is an important part of participating in sport and exercise.

This unit will give your students the skills and knowledge required to carry out performance profiling and analysis, and deliver feedback to the performers in a manner that is suitable for them.

**Unit 8 mandatory for diploma Sports coaching (internally assessed)**  
***Organisation of Sports Events***

Sports events vary in size, impact and purpose, but all involve sharing a passion and love for different sporting activities. From local leagues and competitions to mega events such as the Olympics, sport has the power to bring people together for a common aim or purpose. Events such as the London Marathon and Sport Relief demonstrate an individual's drive and purpose in raising money for charity through sport. Also, local voluntary sports clubs organise and run events to increase participation and numbers and to help raise funds for their grass-root teams.

This unit is designed for your students to develop skills in planning, promoting and delivering a sports event; with a focus primarily on their individual role, as well as working as part of a team and reflecting on their input and future personal

development. This unit will enable students to establish transferable skills which can be used within sport and active leisure, as well as within the fitness industry. It will also enhance skills such as team work, organisation and safeguarding awareness.

### **Unit 11 mandatory for diploma Sports coaching (internally assessed)**

#### ***Physical Activity for Specific Groups***

Sport and physical activity isn't just for those that are good at it. The benefits of participating in sport or physical activity can be huge, for some more than others. Unfortunately, sometimes it is those that would benefit from it most that are the hardest to get involved and engaged in participation.

This unit will allow your students to develop a knowledge and understanding of the different groups of individuals who would benefit physiologically, psychologically and sociologically from participating in physical activity and why these particular groups are targeted by initiatives. This knowledge and understanding will then support students in planning suitable physical activity sessions for the groups identified and the considerations that need to be taken into account for each of them.

### **Unit 17 mandatory for diploma Sports Coaching (internally assessed)**

#### ***Sports Injuries and Rehabilitation***

If considering a future as a sports coach or leader, fitness instructor or a leisure or recreational assistant, your students will need to know the different causes, types and signs and symptoms of sports injuries, and the possible longer-term effects of these on the injured participant, both physical and psychological. This will allow students to support the injured participant appropriately, whether as part of the immediate response or a longer-term rehabilitation programme, to avoid causing them further harm and speed up their safe return to participation. However, prevention is better than cure, so an understanding of risk factors and how to minimise these risks will help maintain a safe environment and help participants to stay injury free in the first place.

This unit will teach students how to recognise and treat common sports injuries both immediately and through longer-term rehabilitation programmes, the possible psychological impacts of sports injuries and how to minimise the risk of sports injuries occurring in the first instance.

### **Unit 18 mandatory for diploma Sports Coaching (internally assessed)**

#### ***Practical Skills in Sport and Physical Activities***

Most people who work in sport and physical activity do so because they are passionate about their particular sport or activity; a passion that is usually borne out of participating themselves. An effective coach or leader is able to demonstrate skills accurately or offer detailed explanations of tactics and strategies because they have experienced them themselves through their own participation.

This unit gives your students the opportunity to participate in a number of different sports and outdoor activities which allows them to experience, first-hand, situations

that participants they may later be coaching or leading will come across. In this unit students will learn how to apply skills, tactics, techniques and knowledge in individual sports, team sports and outdoor activities which will allow them to participate effectively, safely and enjoyably.

### **Unit 19 optional unit selected (internally assessed)**

#### ***Sport and Exercise Psychology***

Not only do participants in sport and physical activity need to train their bodies, but it is also increasingly important that they also train their minds. Failing to attend a coaching session through a lack of motivation, a fall out with a team mate or an overly aggressive response to a bad challenge, could mean the difference between winning and losing. Equally as important, participation in sport and physical activity is proven to have positive impacts on mental health and wellbeing and can help improve a person's overall quality of life.

In this unit your students will learn different motivations that people have for participating in sport and physical activity and how performance can be managed through an understanding of attribution theory, stress and group dynamics. Students will also learn the impacts that participation in sport and physical activity can have on a person's mental health and wellbeing, whether an elite performer or a member of the general public.

### **Unit 13 optional unit selected (internally assessed)**

#### ***Health and Fitness Testing for Sport and Exercise***

Everyone is different; people have different needs and different goals, particularly when it comes to health and fitness. But how do you establish those needs? Health and fitness testing should be a prelude to any intense fitness training programme. By measuring where a client is now in terms of their health and fitness, you can set realistic goals and plan how to help them reach these goals.

In this unit your students will learn a range of fitness tests, what they test and the advantages and disadvantages of them. Students will learn how to complete client consultations which will give them the background knowledge they need about a client to be able to plan and deliver appropriate fitness tests. Students will then learn how to interpret the data acquired from fitness tests and how best to feed this back to the client, so they can go on to make informed decisions about their health and fitness training.