



CTEC in Sport and Physical Education (Sports Coaching)

Course Details

Exam Board	OCR
Syllabus title	Level 3 Cambridge Technical Diploma in Sport and Physical Education (Sports Coaching Double Award)
Course Code	5829

This course is the equivalent of two A Level options.

The applied Diploma in Sport and Physical Education is assessed using a combination of internally assessed controlled assessments and an external examination

The following units will be externally assessed:-
 Unit 1 (90) – Body Systems and the Effects of Physical Activity
 Unit 3 (60) – Sports Organisation and Development
 Unit 4 (90) – Working Safely in Sport, Exercise, Health and Leisure

This will include a 90 minute examination. There are short and extended answer questions.

The following units are mandatory and will be internally assessed and externally moderated.

Course Content

Unit 2 (90) – Sports Coaching and Activity Leadership
 Unit 5 (60) – Performance Analysis in Sport and Exercise
 Unit 8 (60) – Organisation of Sports Events
 Unit 11 (30) – Physical Activity for Specific Groups
 Unit 17 (60) – Sports Injuries and Rehabilitation
 Unit 18 (60) – Practical Skills in Sport and Physical Activity

There are then additional units which will be internally assessed and externally moderated

Unit 10 (60) – Biomechanics and Movement Analysis
 Unit 13 (60) – Health and Fitness Testing for Sport and Exercise
 Unit 19 (60) – Sport and Exercise Psychology

Assessment and weighting

Each of the above units are given a Guided Learning Hours (GLH) value. This total must then add up to 720 GLH in order to fulfil the requirement of the double award status.

Please note that the number of GLH of each module is given about in the brackets.
 EG. Unit 1 (90) – Body Systems and the Effect of Physical Activity

Trips/visits

This will be the first year that we run the course. With the modules on this course we hope to create any opportunities to learn outside of the classroom. This will hopefully include sport facility visits, visiting other schools to lead activities, university visits and residential opportunities.



Maths & Computing

Future opportunities/ career	Higher Education. Sports coach. Sports Coach Exercise physiologist. Fitness centre manager. Teacher. Personal trainer. Activities Director. Sports Events Manager.	Sports Scientist. Sports administrator. Sports Journalist. Physiotherapist. Sports therapist. Sports development officer. Sports coach. Sports Research Analyst.
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Person Specification	CTEC in Sport and Physical Education (Sports Coaching)
	Essential
Qualifications/ School record	<ul style="list-style-type: none"> Level 4 in English and Maths at GCSE 95% attendance in year 11 Good attitude to learning in PE in KS3 and/or KS4
Attitude/Qualities	<ul style="list-style-type: none"> Hard working Positive Enjoys fieldwork
Skills	<ul style="list-style-type: none"> Organisation and time management Can learn facts and figures, and retain information An interest in many aspects of sport and physical education An interest in current affairs Can structure written essays Independence
Experience	<ul style="list-style-type: none"> An enjoyment of sport.
	Desirable:
Qualifications/ School record	
Skills	
Experience	