

Sport and Physical Activity

Extended Certificate = 1 A levels

Diploma = 2 A levels

The logo for Aston University, featuring the word "ASTON" in a yellow box with a grey outline, positioned within a large grey letter "A".

The Cambridge Technical Level 3 qualification in Sport and Physical Activity provides a specialist work related programme of study that covers the key knowledge and practical skills required in this vocational sector. This qualification is not just about being able to play sport; it will provide you with the skills, knowledge and understanding to progress onto a number of career pathways such as Higher education, degree apprenticeships, apprenticeships or full-time employment

Topics you will study

Anatomy and Physiology (Exam): Cardiovascular system, Respiratory system, Musculoskeletal system, ATP/PC System

Sports Organisation and Development (Exam): How sport in the UK is Organised, Sports Development, Measuring the impact of sports development and Sports Development in Practice.

Sports Coaching and Activity Leadership: Principles of coaching and leadership, methods to improve skills, techniques and tactics. Planning, delivering and evaluating sports and activity sessions.

Organisation of Sports Events: Know the different types of events and roles associated with them. Plan and promote a sports event. Participate in the delivery of a sports event. Review the planning and delivery of an event.

Sports Injuries and Rehabilitation: Common injuries and their effects. Respond and treat common sports injuries, Plan a rehabilitation program for a specific sports injury

Why study this subject?

- You will develop key knowledge, understanding and skills, relevant to the subject
- You will develop transferable learning and skills, such as evaluation, planning, presentation and research skills, that are important for progression to HE and real-life contexts and work situ
- You will develop independence and confidence in applying the knowledge and skills that are vital for progression to HE and relevant to the sport and Leisure industry

Why study this subject at Aston?

- Excellent results.
- A strong, supportive and dedicated teaching team who have many years' experiences delivering Sport and Physical Activity.
- Smaller class sizes than college allowing for more personal support and tailored intervention to allow you to achieve your target grade.
- Sports Leaders Level 3
- Extra-curricular opportunities – Gym access, Netball and Football fixtures.

Assessment

Your grade will be based on the following assessments completed across Y12 and Y13:

- 2/3 Externally assessed units, which focus on subject knowledge and understanding
- 3/8 Applied or practical non examined assessment units (NEA)

Links particularly well with these subjects

Biology, Applied Science, Health and Social Care, Business Studies

Entry requirements

Grade 4 in Mathematics and English Language.

Useful for careers in....

A career in a sports industry is truly a global passport; it can open up a huge range of opportunities for you and take you anywhere in the world.