

Level 3 OCR Cambridge Extended Certificate in Sport & Physical Activity



Examination Board: OCR

Contact Teacher: Mr Ferguson

Course Details and Assessment

The OCR course is a practical and engaging course which will allow all learners to achieve their potential. It focuses on developing theoretical knowledge and understanding of the factors that underpin physical activity and sports science. It requires learners to understand how physiological and psychological factors affect performance, with a significant element of course based upon sports leadership and coaching. This course is perfect for students who wish to prepare for employment in the sport and physical activity sector, or move onto a sport based degree at university.

The course will cover the following topic areas:

Full Course overview

Students will complete 5 units over the duration of the course. Some units are externally assessed by OCR in the form of an exam, while other units are completed by students in the form of a written assignment which is then internally assessed by school staff and then moderated by the exam board. Students will complete 360 guided learning hours over the duration of the two year course, and will finish with the equivalent of one full GCE A level.

The course is assessed in the following way:

Unit titles	How are they assessed
Body Systems and the Effects of physical Activity Unit 1	External exam in June of the first year 90 minutes long 90 marks Exam can be retaken in Year 13
Sports Coaching and Activity Leadership Unit 2	External assessment Assignment based tasks Marked by JBS staff and moderated by OCR
Sports Organisation and Development Unit 3	External exam in January of the second year 80 minutes long 60 marks Exam can be retaken in Year 13
Practical Skills in Sport and Physical Activities Unit 18	Internal assessment Assignment based tasks Marked by JBS staff
Sport and Exercise Psychology Unit 19	Internal assessment Assignment based tasks Marked by JBS staff

Career/Higher Education

University courses: Sports Science/ coaching/ psychology/ sociology. Careers could include: physiotherapy/ coaching/ leadership/ governing bodies/ teaching.

Entry Requirements

Merit 2 at Sports Science in Year 11 (or equivalent GCSE mark). Grade 4 (or equivalent) in English and Science. An enthusiasm and love of physical activity and sport in general.

“The power of the human will to compete and the drive to excel beyond the body’s normal capabilities is most beautifully demonstrated in the arena of sport.”

Aimee Mullins