

Sport and Physical Activity – Level 3



For whom is this course suitable?

Students studying Cambridge Technical Level 3 Sport and Physical Activity will have achieved at six grade 4s at GCSE. If you have an interest in different aspects of sport, such as leadership, coaching and sport development then you will enjoy the course. You must also have an interest in playing sport, ideally taking part on a regular basis*.

*Whilst not compulsory, many students on this course opt to play in Montsaye's own Football Academy, where they play established, professional football academies, across the country. Speak to Mr Payne if you would like more information.

What will I learn on this course?

In the theory part of the course you will study the following 5 units:

- **Unit 1: Body Systems and the effects of physical activity. (EXAM)**
- **Unit 2: Sports Coaching and activity leadership.**
- **Unit 3: Sports organisation and development. (EXAM)**
- **Unit 8: Organisation of sports events.**
- **Unit 18: Practical skills in sport and physical activities.**

Both exam units to be sat during Year 12, leaving practical and assignment work for Year 13, this helps with workload in Year 13.

This is an overview of the 4 theory components.

1. Body Systems and effects of physical activity: Skeletal system; Muscular system; Cardiovascular system; Respiratory system and Energy system (90 GLH).
2. Sports Coaching and activity leadership: Knowledge of sports coaches and leaders; Develop skills, techniques and tactics in sport; Plan, Prepare, Deliver, Review sports activity sessions (90 GLH).
3. Sports organisation and development: Knowledge of UK Sport; Sports development and its impact; How sport development is measured (60 GLH).
4. Organisation of sports events: Knowledge of different sports events; Roles and responsibilities involved in sports events; Plan, Promote, Participate and Review a sports event (60GLH).

Overall, the theory part of the course is worth 84% of the final grade.

- **Component 5: Practical skills in sport and physical activities. 16% (60 GLH)**

Within this unit, you will be asked to demonstrate skills, techniques and tactics in:

- 1 individual sport
- 1 team sport
- Outdoor and adventurous activities

Additional to this is the requirement to officiate within a sports and physical activity.

What could I do at the end of my course?

After studying Sport and Physical Activity (Level 3), you will be well placed to obtain employment in the sport and leisure sector. Alternatively, you could apply for a place at University. This course can be used to apply for a range of courses at university, including sport related such as Sports Science/Sports Coaching/PE Teaching. This course is equivalent to 1 A-level; you could gain up to 56 UCAS points.