

OCR Level 3 Cambridge Technical Extended Certificate in Sport and Physical Activity

Course outline

You will take between five and six units made up of mandatory and optional units. Everybody will study the following mandatory units:

- Body systems and the effects of physical activity
- Sports coaching and activity leadership
- Sports organisation and development

These units will give you an understanding of sport in the wider contexts of coaching and leadership, anatomy and physiology, the body's short- and long-term responses to physical activity and the framework of sport in the UK and the organisations involved. You will also develop transferable skills such as planning, communication, adaptability and leadership.

Other units include:

- Organisation of sports events
- Practical skills in Sport

How you will be assessed

These qualifications are assessed using a combination of:

- external assessment
- internal assessment

Units 1 and 3 are assessed by exam and marked by OCR. All the other units are internally assessed by staff and externally moderated by OCR.

Entry requirements

It is recommended that learners starting this qualification will have achieved sport or physical education qualifications for example GCSEs in PE at grade4/grade C or above or level 2 vocational qualifications, e.g. OCR Level 2 Cambridge National in Sports Studies or Sport Science. It is also recommended that you have grade4/grade C or above in Maths and English GCSE.

Where could the course take you

This qualification is for students:

- Who want to gain a Level 3 qualification to support further study in Further Education (FE) or Higher Education (HE) in sport and physical activity
- Looking to gain a Level 3 qualification to support further study in FE or (HE) in any other sector or subject area
- Who want to progress into sport-related apprenticeships.

Task Instructions

Use the Internet to research the key terminology to enable you to complete the templates provided.

Activity 1

Research the following sections on the left hand side for the Veins, Arteries and Capillaries

	Veins	Arteries	Capillaries
Function			
Diagram			
Link between structure and function			
Interesting fact			
Any other information			

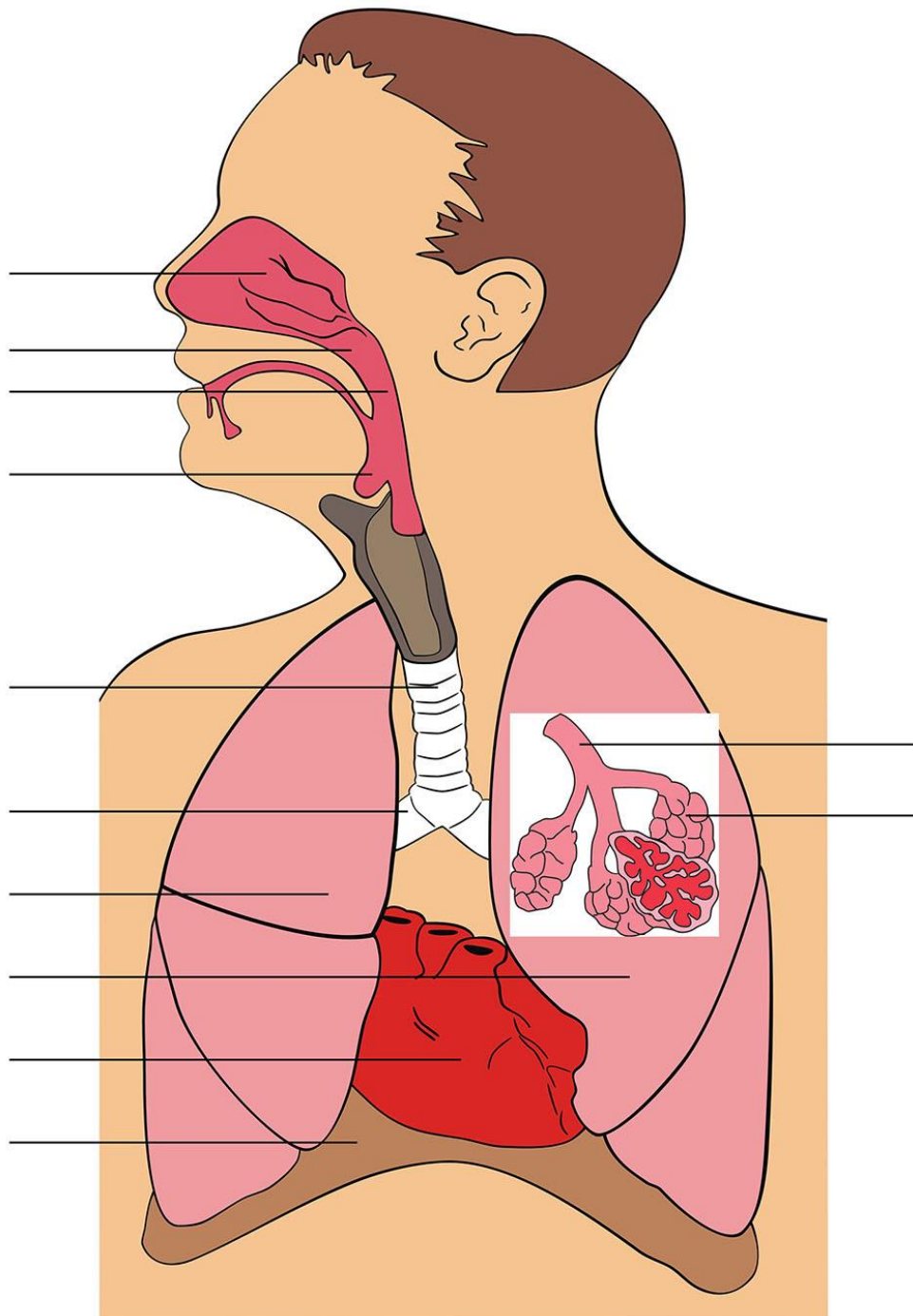
Activity 2

Complete the table

Exercise/activity	Agonist muscle/s	Antagonist muscle/s	Fixator muscle/s	Synergist muscle/s
<i>Example: Press up</i>	<i>Down phase – pectorals Up phase – trapezius, deltoids</i>	<i>Down phase – trapezius, deltoids Up phase – pectorals</i>	<i>Rotator cuff, abdominals, quads</i>	<i>Biceps, triceps</i>
Sit Up				
Pull up				
Box Jump				

Activity 3

Complete the diagram below



Activity 4

Fill out the box below, with the function and then how it carries out this function. The functions are (Movement, Protection, Blood Cell Production, Support)

Type of bone	Function	How this type of bone carries out this function
Long		
Short		
Flat		
Irregular		
Sesamoid		