



Cambridge Technical Extended Certificate in Sport and Physical Activity

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Course Aims

The course is the natural progression for students who have studied the Cambridge National or BTEC Tech Level 2 Sport courses or GCSE PE. Students need to have a real interest in sport, fitness, coaching and health. The course is ideal for those students considering a career within the sporting industry, particularly in sports performance, management or coaching. There will be a mixture of practical and theory lessons in each unit in order for students to build their understanding.

Qualifications and Qualities Needed

To access this course you need to have studied either GCSE PE and achieved a grade 4 or gained a Level 2 Merit award in the Cambridge National / BTEC Tech course. You will need a grade 4 in English too. Students will need to be organised and able to work within a timeframe that enables them to meet deadlines.

Course Structure and Assessment

The extended certificate is studied over 2 years (5 hours per week) and is worth one A Level choice. You will study for 2 externally assessed exams that are taken throughout the course, plus 3 units of coursework as listed below:

Exam unit	Body Systems and the effects of physical activity
Coursework	Sports Coaching and activity leadership
Exam unit	Sports organisation and development
Coursework	Sports injuries and rehabilitation
Coursework	Practical skills in sport and physical activities

Assessment

Throughout each unit students are set a number of mini assignments that are assessed constantly. Each assignment counts towards a final grading award. The style of assignment will vary from PowerPoint presentation, video, written analysis or essay style answers to verbal presentations. Students will need to be well organised, able to work independently and have good time management skills in order to succeed. The ability to stay on top of coursework is vital.

A good understanding of the English language and ICT skills will be a huge advantage.

