



# STEP UP TO 6TH FORM

KIMBERLEY SCHOOL TRANSITION INFORMATION

## Cambridge Technical Extended Certificate in Sport

OCR Level 3

### COURSE DETAILS

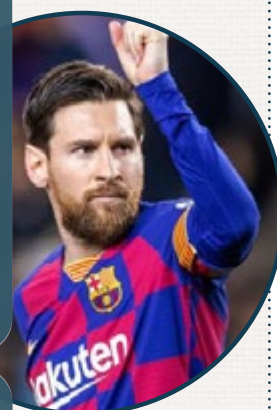
UNIT 1

#### Body Systems and the Effects of Physical Activity

Whether you are aiming to become a coach, nutritionist, personal trainer or leisure centre manager, knowledge of the human body, its systems and how they function will help you to ensure that your clients gain the benefits of an active, healthy lifestyle. By understanding the effects that physical activity, training and lifestyle can have on the body systems you can ensure that sports and activities are properly focused and do not risk a client's health or wellbeing and will help you to persuade others to pursue and maintain a balanced, active, healthy lifestyle.

In this unit you will gain an understanding of

- Structures and functions of the key body systems,
- How these support and impact performance in sport and physical activity and the effects that physical activity, training and lifestyle can have on them.



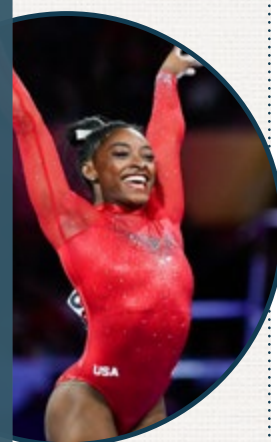
UNIT 2

#### Sports Coaching and Activity Leadership

At some point throughout their lives everyone will have experienced being coached or taught about sport and physical activity. The importance of a high quality coach or leader cannot be underestimated. The increasing demand for both young and old to learn and develop physical skills and sporting skills presents new and exciting opportunities for coaches, leaders and NGB's and, through coaching and leading, you can learn a set of skills such as communication and adaptability which will prove valuable in other aspects of your life, such as work and study.

This unit will give you an understanding of:

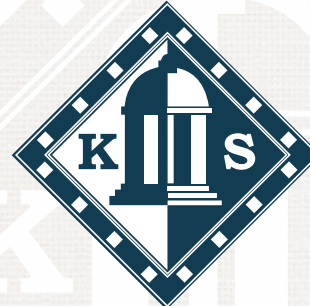
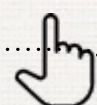
- What makes good sports coaches/activity leaders and methods that can be employed to improve the performance of participants.
- The roles and responsibilities of coaches/leaders and how these differ from each other.
- The skills and understanding needed to effectively plan and deliver a series of sports or activity sessions reflecting on your own practice and using this feedback to improve your performance as a sports coach or activity leader.



#### LINK TO THE SPECIFICATION

See a detailed document of what we will cover in this course:

[www.ocr.org.uk/Images/171736-specification-accredited-a-level-gce-biology-a-h420.pdf](http://www.ocr.org.uk/Images/171736-specification-accredited-a-level-gce-biology-a-h420.pdf)



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UNIT 3

#### Sports Organisation and Development

The organisation of sport in the UK can be quite complex with multiple agencies and organisations, both inside of and outside of the UK, working together at different levels on different agendas. One of the key areas which most, if not all, of the organisations involved in sport in the UK are concerned with is sports development and the increase of participation in sport and physical activity, both to improve the health of the nation but also to aid the development of elite athletes who can compete and achieve on an international level.

In this unit you will gain an understanding of:

- The organisations involved in sport in the UK, their roles and responsibilities and how they work together.
- Sports development, including the organisations involved, it's demographic and why,
- How sports development is carried out and how the success of sports development initiatives can be measured.



UNIT 5

#### Performance Analysis in Sport and Exercise

For elite sports performers, even the smallest margins in time and/or distance can mean the difference between winning and losing, success and failure.

Even for performers who are not competing at the top level, the desire to improve and 'be the best that I can be' means that analysing performance and getting constructive feedback is an important part of participating in sport and exercise.

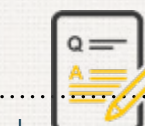
This unit will give you the skills and knowledge required to carry out performance profiling and analysis and deliver feedback to the performers in a manner that is suitable for them.



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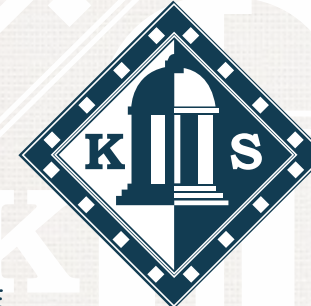
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#### EXAMS

UNIT 1 - External  
 UNIT 2 - Coursework  
 UNIT 3 - External  
 UNIT 5 - Coursework  
 UNIT 19 - Coursework



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UNIT 19

#### Sport and Exercise Psychology

Not only do participants in sport and exercise need to train their bodies but it is becoming increasingly important that they also train their minds. Failing to attend a coaching session through a lack of motivation, a fall out with a teammate or an overly aggressive response to a bad challenge could mean the difference between winning and losing. Equally as important, participation in sport and exercise is proven to have positive impacts on mental health and wellbeing and can help improve a person's overall quality of life.

In this unit you will learn:

- Different motivations that people have for participating in sport and exercise and how performance can be managed through an understanding of attribution theory, stress and group dynamics.
- The impacts that participation in sport and exercise can have on a person's mental health and wellbeing, whether an elite performer or a member of the general public.



#### Work you can do to prepare for A Level study

##### People to Research

Lionel Messi - Argentine professional footballer who is often considered the best player in the world- Watch: [The Making Of Messi](#)

Usain Bolt - Jamaican former sprinter widely considered to be the greatest sprinter of all time- Watch: [Usain Bolt: Born to Run](#) (BBC Documentary)

Simone Biles - American artistic gymnast. Third most decorated gymnast of all time- Watch: [Simone Biles 2017](#)

Sir Dave Brailsford CBE - British cycling coach. Watch: [5 Minutes with Leaders: Sir Dave Brailsford, Team Sky](#)

#### BOOKS

Cambridge Technicals Level 3  
 Sport and Physical Activity Student  
 Textbook  
 Notational Analysis of Sport by  
 Mike Hughes & Ian Franks  
 Sports Psychology by Matt Jarvis  
 The Muscle Book by Paul Blakey

#### TV & YOUTUBE

[Coaches Conference 5 Live Sport](#)  
[British Cycling Road to Glory](#)  
[TheBody Systems](#)  
[Coaching](#)

#### ACTIVITIES TO COMPLETE



1. Consider you are creating a coaching session – describe what you are going to do, (age, number of participants, ability, skills focus etc.)
2. Test your current GCSE knowledge by completing some of the quizzes and activities here; [www.hoddereducation.co.uk/myrevisionnotesdownloads](http://www.hoddereducation.co.uk/myrevisionnotesdownloads)
3. Research the following initiatives; Great British Tennis Weekend, Swim21, Chance to Shine and Active Design by Sport England.