



# Cambridge Technical Level 3 in Sport and Physical Activity

*“Sport has the power to change the world. It has the power to inspire, it has the power to unite people in a way that little else does. It speaks to youth in a language they understand. Sport can create hope, where once there was only despair. It is more powerful than governments in breaking down racial barriers. It laughs in the face of all types of discrimination.”— Nelson Mandela*

## Subject Information

The Cambridge Technical in Sport and Physical Activity is a hybrid qualification that consists of two externally assessed examination units and three coursework-based units. The course covers a wide variety of topics from anatomy and physiology to the practical running of sports events and coaching. On the course you will get the opportunity to coach sessions, lead and deliver a sports event of your choice as well as getting the opportunity to liaise with external agencies in the treatment of sports injuries. The exam-based elements will give you a strong subject knowledge in all areas of anatomy and physiology and also will give you extensive knowledge of how sport is organised in the UK.

## Career Pathways

Whilst studying on this course you will learn a range of skills that will help you in your future career, for example, teamwork, resilience, competitive spirit, social, communication and analytical skills. Physical Education lends itself to a range of careers in sports and fitness as well as other industries, for example, nutrition, physiotherapy, and chiropractic practice. Some careers that you could consider doing with PE include Sports Scientist, PE teacher, Physiotherapist, Professional Sportsperson, Sports Coach/Consultant, Sports Policy Adviser at local and national level, Diet and Fitness Instructor and Personal Trainer. Useful sites include Careers in Sport, Prospects, BASES, All About Careers and The Apprenticeship Guide.

## Course Content

Areas studied are applied anatomy and physiology, sports coaching, organisation of a sports event, sports injuries, and sport organisation. This course will be assessed via two exam assessments in January and June and three coursework units to be completed by May of the final year. The course is equivalent to an A Level in PE.

**Entry Requirements:** Grade 5 or above in GCSE PE or a Merit at BTEC Level 2

**Complementary subjects:** Psychology, Biology, Sociology, English and History

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