

SPORT AND PHYSICAL ACTIVITY

CAMBRIDGE TECHNICALS LEVEL 3

THE PROGRAMME

A wide range of centre assessed units with practical and wider project-based assessment opportunities, as well as examined units on the body systems and the long and short term impacts of sport and physical activity; how sport is organised and the purpose of sports development; health and safety requirements in sport and physical activity; the purpose of and how to conduct research in sport and physical activity and how businesses in sport are organised and what success looks like to them.

The students will practically apply their skills and knowledge in preparation for further study, apprenticeship or the workplace. They will also develop professional, personal and social skills through interaction with peers, stakeholders and clients, as well as theoretical knowledge and understanding to underpin these skills.

These support the transferable skills required by universities and employers such as communication, problem solving, time management, research and analytical skills. Students will consider the barriers to and the effects and benefits of sport and physical activity across all age ranges and social groups, including people with disabilities. They'll also learn how to work in a safe and effective way, protecting themselves and those they're working with from injury or harm.

WHY STUDY THIS SUBJECT?

The course has been designed, in collaboration with experts spanning the breadth of the leisure and fitness sector, using refreshing and exciting content, that's up to date, engaging, fit for purpose and suitable for the needs of students in 2016 and beyond. The qualification will develop your knowledge, understanding and skills of the principles of Sport and Physical Activity.

You will investigate opportunities for delivering sport and physical activity to a wide range of participants, whether it is to mobilise sedentary people to improve their health and wellbeing or to support regular participants to improve their performance and fitness, all done in a safe and professional environment. In doing so, you will also gain core skills required for employment or further study in the sector such as communication, analysis, organisation and adaptation.

CAREER POSSIBILITIES

The Level 3 Cambridge Technicals in Sport and Physical Activity focus on the requirements that today's universities and employers demand. You will practically apply their skills and knowledge in preparation for further study or the workplace. Future careers include coaching, nutritionist, personal trainer, fitness instructor, leisure centre manager, sports therapy, PE teacher, primary teacher, sports development officers, sport psychologist, fitness centre manager, outdoor pursuits' centre manager, health trainer, sport science, physiologist, physiotherapy, armed forces, sports journalism, events management, sports marketing and many more.

