



## A new course to South Dartmoor Sixthform:

### Cambridge Technical in Sport- Level 3 Diploma: Sports Coaching Pathway

#### Course breakdown:

1080 GLH (SDCC students have been allocated 13 sessions a week to this course)

Equivalent to 3 A-levels

17 units in total – 4 external examined units and 13 internally assessed units

Unit	Unit title	GLH	Assessment
1	Body systems and the effects of physical activity	90	External
2	Sports coaching and activity leadership	90	Internal
3	Sports organisation and development	60	External
4	Working safely in sport, exercise, health and leisure	90	External
5	Performance analysis in sport and exercise	60	Internal
6	Group exercise to music	60	Internal
7	Improving fitness for sport and physical activity	60	Internal
8	Organisation of sports events	60	Internal
11	Physical activity for specific groups	30	Internal
12	Nutrition and diet for sport and exercise	30	Internal
13	Health and Fitness testing for sport and exercise	60	Internal
14	Working actively In leisure facilities	60	Internal
17	Sports injuries and rehabilitation	60	Internal
18	Practical skills in sport and physical activities	60	Internal
19	Sport and exercise psychology	60	Internal
20	Sport and exercise sociology	60	Internal
21	The business of sport	90	External

- Externally assessed units: written exams (4 papers in total). These are likely to take place in Jan 2020, June 2020 and Jan 2021. (One re-take chance for each)
- Internally assessed units: set by SDCC teaching team and approved by OCR.
- Assessments may include: presentations, written work, video footage, coaching sessions, session plans, risk assessments.
- Clear assessment procedure: peer assessment + teacher assessment then final hand in.
- Clear assessment boundaries: pass, merit, distinction and distinction\* for each unit.