

## ENTRY REQUIREMENTS

At least a grade 4 in GCSE English Language and Maths. A good PE qualification is also helpful e.g. grade 5 or higher in GCSE PE or Distinction grade in Level 2 BTEC Sport.

## CONTENT

We offer three course pathways: **Extended Certificate** (worth the equivalent of one A-level), **Diploma** (worth two A-levels) and **Extended Diploma** (worth three A-levels). All courses are assessed through written exams (33%) and coursework units (67%). Written exams are sat in January and June throughout the course.

### Single course: OCR Level 3 Cambridge Technical Extended Certificate in Sport & Physical Activity

- Body systems and the effects of physical activity (exam)
- Sports organisation and development (exam)
- Sports coaching and activity leadership
- Sports injuries and rehabilitation
- Sport and exercise psychology

### Double course: OCR Level 3 Cambridge Technical Diploma in Sport & Physical Activity

This includes the five units from the single course above plus:

- Working safely in sport, exercise, health and leisure (exam)
- Performance analysis in sport and exercise
- Organisation of sports events
- Physical activity for specific groups
- Health and fitness testing for sport and exercise
- Practical skills in sport and physical activities\*

*\*includes a residential outdoor activities visit to Low Mill Outdoor Centre and a trip to Saltburn Surf School*

### Triple course: OCR Level 3 Cambridge Technical Extended Diploma in Sport & Physical Activity Development

This includes the 11 units from the single and double courses above plus:

- The business of sport (exam)
- Biomechanics and movement analysis
- Working in active leisure facilities
- Sport and exercise sociology
- Improving fitness for sport and physical activity
- Nutrition and diet for sport and exercise

## GENERAL COMMENTS

The course is much more practical than A-level PE but is still widely recognised by universities as a good course offering a broad range of academic sport and exercise areas. We work closely with North Yorkshire Sport, local primary schools, sports facilities, sports coaches and other industry practitioners to offer students a wide range of additional experiences. Our students really enjoy learning what it is like to be a personal trainer, sports coach and physiotherapist.



It is definitely fair to say that CTEC Sport is my favourite subject. I love the sports leadership opportunities of which there are plenty available throughout the course. They are a great way to learn new skills that can be applied to many areas of life, not just sport. As sports leaders one highlight was hosting the Panathlon Challenge, a fun, inclusive, mini-Paralympics with local schools. The teachers never fail to offer support should you need it, and they are always up for a laugh. I think that the way the course runs is particularly useful because the exams are spread out across the two years meaning you will have fewer exams at the end of Year 13 and less pressure on you.

EMILY TREWEEK



## PROGRESSION

The CTEC Sport courses are a great choice for students wishing to develop sports industry skills alongside academic qualifications. Progression routes include Physiotherapy, Sports Coaching, Teaching, Sports Marketing, Strength and Conditioning, Personal Training, The Armed Forces and Public Services.

## BENEFITS & OPPORTUNITIES

Studying CTEC Sport at Richmond Sixth Form College enables you to be part of the CTEC Sport Academy. In addition to supporting your academic studies through an excellent CTEC Sport course, we believe it is important to provide you with additional opportunities and benefits that will enhance your application to higher education and prospective employers and make you stand out from the rest.

As part of the Academy you will benefit from regular access to our outstanding facilities. This includes the 6-badminton court sports hall, full-sized astro turf, fully-equipped fitness suite and our brand-new 3G pitch.

### Single course (Extended Certificate students): Bronze membership

Benefits include:

- Opportunities to organise and lead sports events for primary school children (at least one event per term)
- Career support and 1:1 specialist help with applications for higher education, apprenticeships and/or employment, including personalised references
- Free access to school sports facilities for recreational sport and exercise before and after college hours, including the fitness suite

### Double course (Diploma students): Silver membership

Benefits include:

- Regular opportunities to organise and lead sports events for primary school children (at least two events per term)
- Career support as outlined above (see bronze membership) plus priority booking on sports-based work experience placements
- Free access to school sports facilities as outlined above, including the fitness suite
- Additional visits which could include university campus visits and outdoor and adventurous activity sessions at local centres
- Opportunities to gain additional coaching, leadership and officiating qualifications

### Triple course (Extended Diploma students): Gold membership

Benefits include:

- Regular opportunities to organise and lead sports events for children and the community (at least three events per term)
- Career support as outlined above plus priority booking on, and opportunities for extended sports-based work experience placements e.g. through the year or a larger two-week placement
- Free access to school sports facilities as outlined above, including the fitness suite
- Optional timetabled strength and conditioning sessions and sport coaching clinics with guest coaches (reduced independent study centre sessions if chosen)
- A regular programme of additional activities and visits which could include university campus visits, watching BUSA sport fixtures and outdoor and adventurous activity sessions.
- Regular opportunities to gain additional coaching, leadership and officiating qualifications and discounted NGB Level 1 coaching awards
- 20% discount on bookings with Richmond Community Sport

