

CTEC Sport and Physical Activity – Subject Information Sheet

“It’s hard to beat a person who never gives up.” – Babe Ruth

Why choose CTEC Sport and Physical Activity?

- Experienced PE teachers who have taught units multiple times, have attended training and development in delivering the course
- KS4 – 100% 9-4 in 2021 and KS5
- 100% achieved PPP or higher in both 2020 and 2021
- 25% achieved Triple distinction or above in 2021
- Small class sizes
- Brand new gym and a variety of clubs

Educational Progression and Career Opportunities.

What possible careers or degree subjects would BTEC (subject) be useful for?

COURSES AT UNIVERSITY OR CAREER PATHWAYS THAT THE COURSE LEADS TO

- Personal trainer, coach/instructor, sport therapy, biomechanics, sports management, sports analysis, sports journalist, nutritionist.



Method of assessment

- The course has 17 units, which you will do over the two years
- They are assessed in different ways. 4 externally assessed units (exams) and 13 coursework based units.

Topics studied:

- **Unit 1 - Body systems and the effects of physical activity (exam)**
Unit 2 - Sports coaching and Activity leadership
Unit 3 - Sports organisation and development (exam)
Unit 4 - Working safely in sport, exercise and leisure (exam)
Unit 5 - performance analysis in sport and exercise
Unit 6 - Group exercise to music
Unit 7 - Improving fitness for sport and Physical activity
Unit 8 - Organisation of sports events
Unit 11 - organisation of sport events
unit 12 - Nutrition and diet for sport and exercise
Unit 13 - health and fitness testing for sport and physical activity
Unit 14 - working in active leisure facilities
Unit 17 - sports injuries and rehabilitation
Unit 18 - Practical skills in sport and physical activity

Unit 19 - sport and exercise psychology
Unit 20 - Sport and exercise Sociology
Unit 21 - The business of sport (exam)

Want to find out more? Here are some useful websites and resources to use.

[L3 Cambridge Technical in Sport Unit 1 Body systems and the effects of physical activity \(ocr.org.uk\)](#)

[Unit 03 - Sports organisation and development \(ocr.org.uk\)](#)

[unit 4 - working safely sport exercise health leisure \(ocr.org.uk\)](#)

[Unit 21 - The business of sport \(ocr.org.uk\)](#)

[U2 Sports coaching and activity leadership \(ocr.org.uk\)](#)

[Cambridge Technicals - Sport and Physical Activity- OCR](#)