

## SPORT AND PHYSICAL ACTIVITY (CTEC)

### DIPLOMA IN SPORT AND PHYSICAL ACTIVITY (EQUIVALENT TO ONE A LEVEL)

#### WHAT WILL I STUDY AND LEARN?

Learners will study five or six units over two years.

##### Mandatory units covered:

- Body systems and the effects of physical activity.
- Sports coaching and activity leadership.
- Sport organisation and development.

##### Learners will complete two further optional units from:

- Nutrition and diet for sport and exercise.
- Practical skills in sport and physical activities.
- Performance analysis in sport and exercise.
- Organisation of sports events.
- Sports injuries and rehabilitation.

#### HOW WILL SPORT AND PHYSICAL ACTIVITY HELP ME?

- Learners will develop the core specialist knowledge, skills and understanding required in the sport and physical activity sector.
- Opportunity for focused study in a particular area of interest; Anatomy and Physiology, Sports Coaching, Current Issues in Sport, Physiology of Fitness, Sports Nutrition and Practical Individual Sports, for example.
- This course allows many options for progression, for example employment in the sports industry, apprenticeships, further education and higher education.
- Candidates experience the roles of performer, sports analyst, coach/leader and official.

#### EXTRA ENTRY REQUIREMENTS

Students should have an interest and aptitude for sport and physical exercise.

Ideally they will have a Level 2 qualification in Physical Education.

#### WHO DO I SEE FOR MORE INFORMATION?

- Mr O. Collingbourne, Head of Physical Education.
- Mr Boaler, Teacher of Physical Education.

