



OCR Sport Cambridge Technical Level 3

Sports Injuries & Rehabilitation:

Identifying Sporting Injuries associated with Sports of your choice; Developing Rehabilitation Programmes to help Athletes recover

Sports & Exercise Psychology:

The mind of the Sports Player; Understanding Techniques used by Sports Psychologists to Enhance Performance

Health & Fitness Testing:

Measuring & Studying Individual Physical Traits to Establish Physical Abilities – a Practical Unit

Physical Activity for Specific Groups:

Adapting & Modifying Sporting Activities to allow participation Specific Groups (Young Children, Youths, Disability Groups...)

Performance Analysis:

Using Performance Analysis to Improve Athlete/Team Performance

Working Safely in Sport:

Risk Assessing & Keeping People Safe; Performers, Staff & Spectators

**Single Award: (See Y12 Double Award Units)
Double Award**

**Year
13**

Practical Skills:

Perform the Assess your Basketball Skills; Badminton Skills; Officiating Skills; Kayaking Skills

Event Management:

Organising, Delivering & Reviewing Sports Events; 2 Events Practically Delivered; Promoting Events; Roles in Events

Sports Development:

Governing Bodies & the Promotion of Sport; Funding of Sport; Growing the Game

**Double Award: (1 A' Level in Y12,
2nd A' Level in Y13 – These units are
also Y13 Single Award)**

**Year
12**

Single Award: (1 A' Level after 2 yrs)

**Insert {Previous
Pathway**

Body Systems:

Physiology & The Effects of Exercise – Skeletal System; Muscular Systems, Cardio Vascular System

Sports Coaching:

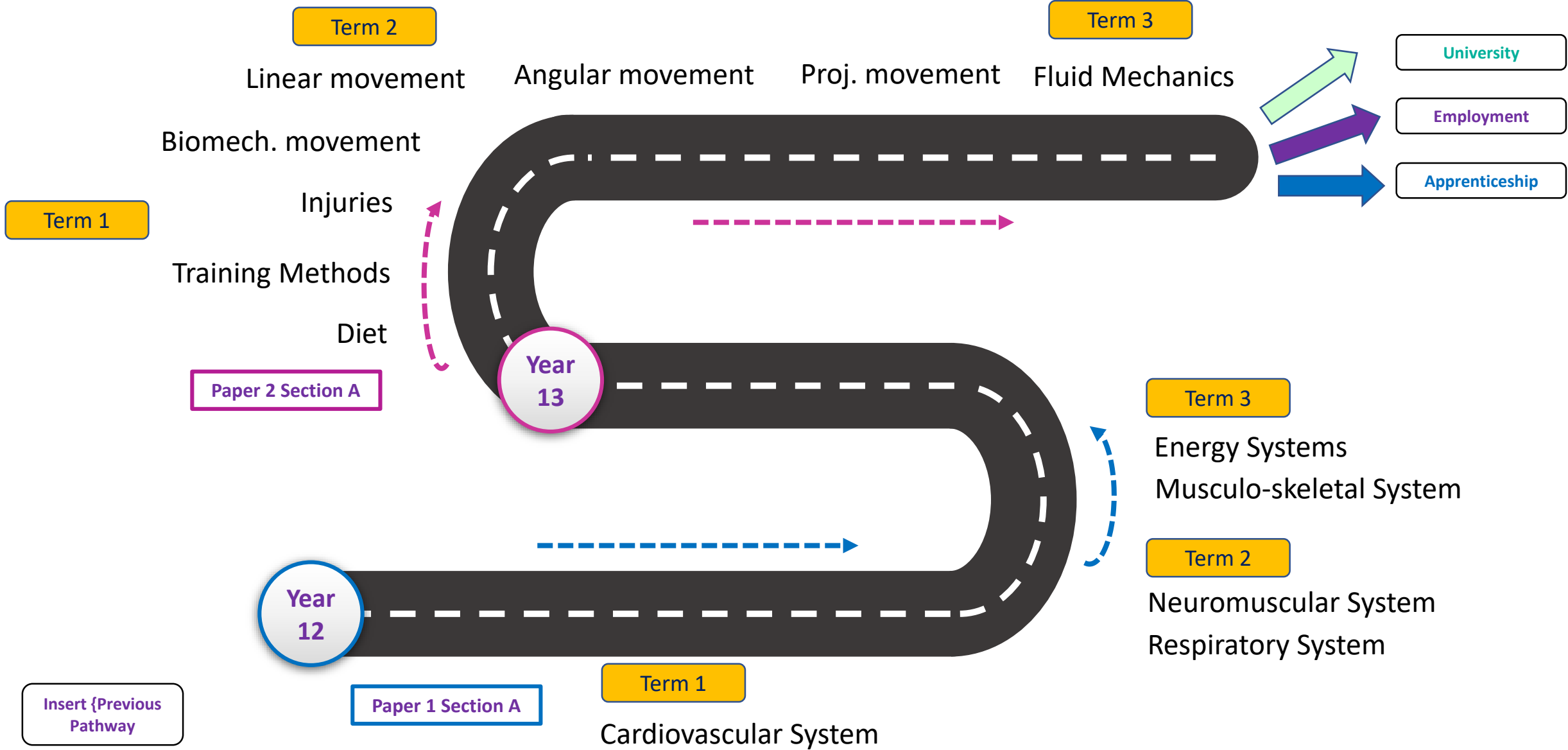
Planning, Delivering & Reviewing Practical Coaching – Management Styles; Roles of the Coach; Producing Session Plans; Actual Coaching Delivery Practical's

University

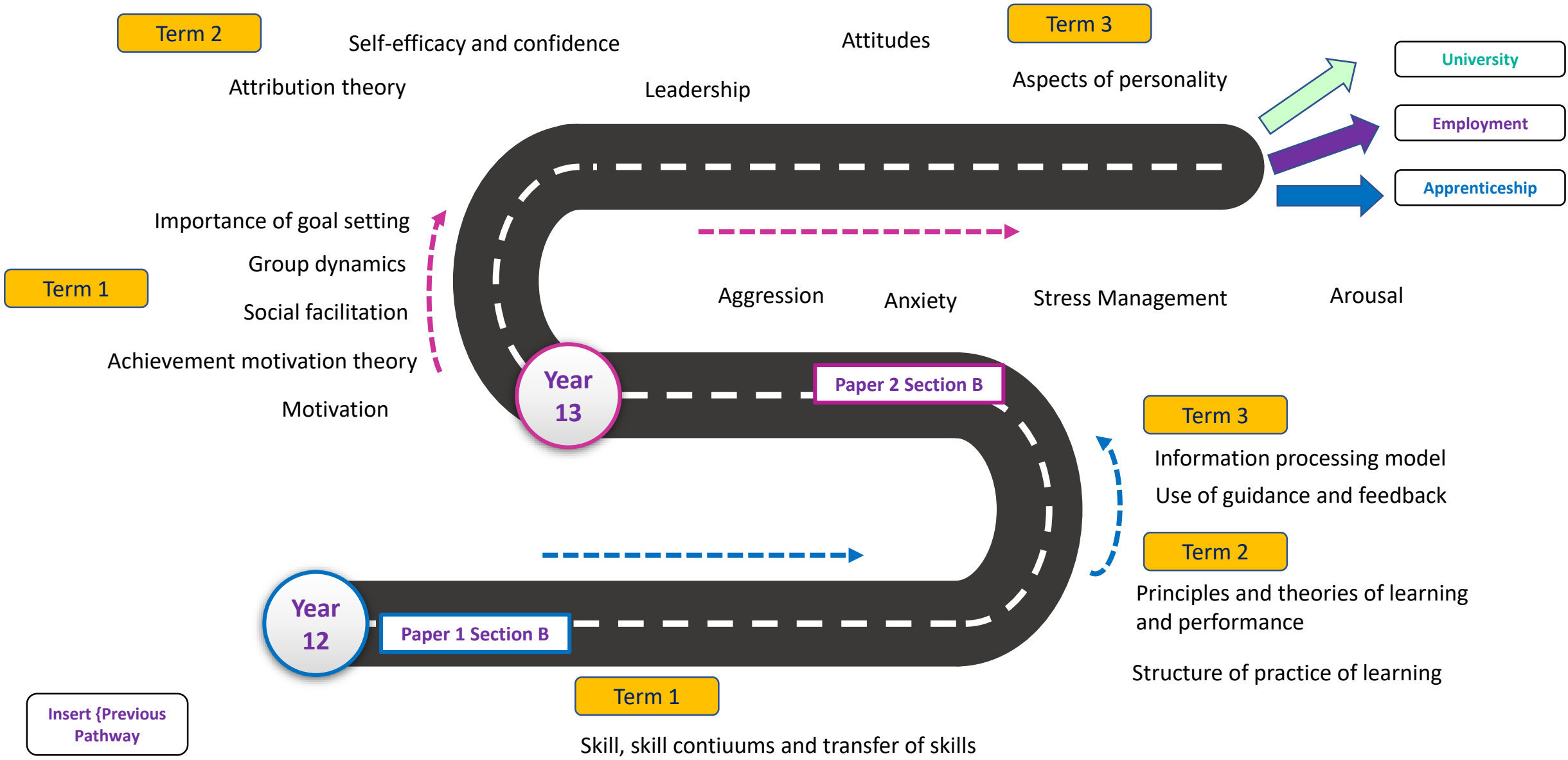
Employment

Apprenticeship

A Level PE Paper 1 & 2 Section A at WHS



A Level PE Paper 1 & 2 Section B at WHS



 **A Level PE Paper 1 & 2 Section C at WHS**

