

Learning objectives:

- ☐ Understand the CTEC Sport and Physical Activity Course

How does the course work?

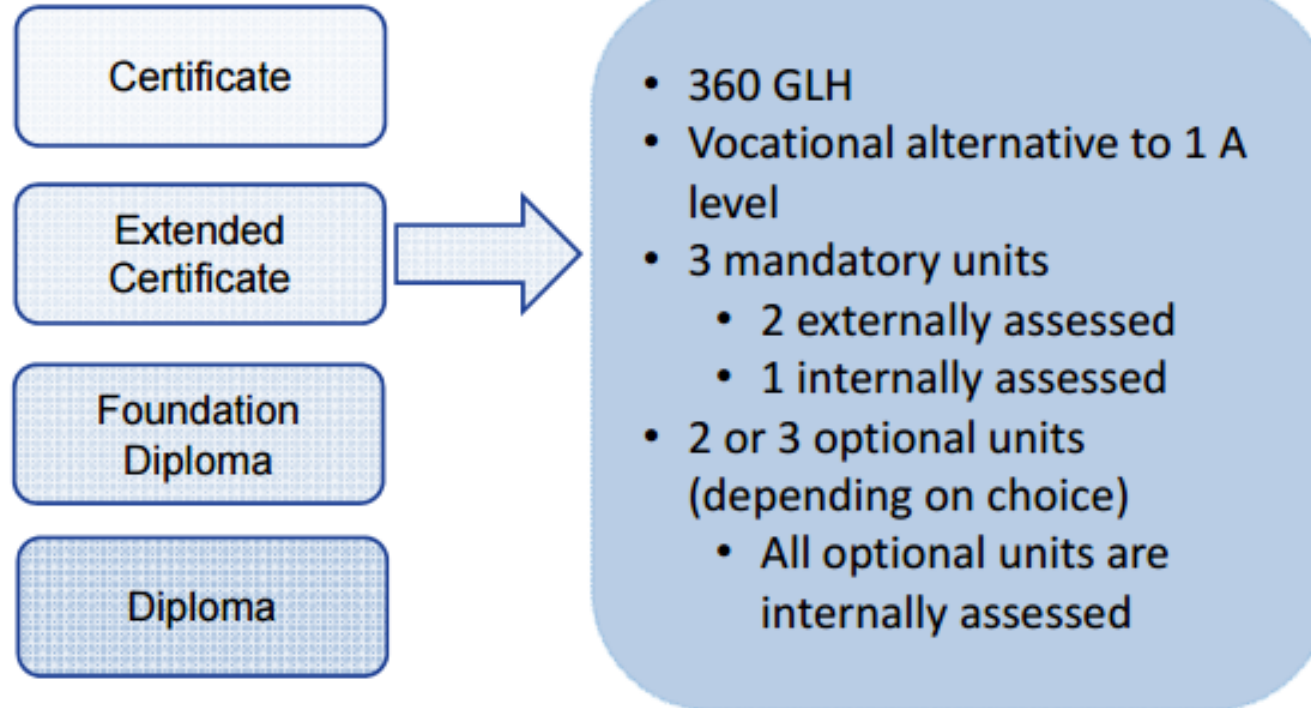
Qualification	Title	Guided Learning Hours (GLH)	A-Level Equivalent
Level 3 Cambridge Technical in Sport and Physical Activity	Extended Certificate	360	1 x A-Level



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Extended Certificate



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Explanation

Course Breakdown

Unit No.	Title	GLH	Assessment Method	Year of study
1	Body systems and the effects of physical activity	90	Exam	First Year (2025-2026)
2	Sports coaching and activity leadership	90	Coursework	
3	Sports organisation and development	60	Exam	Second year (2026-2027)
8	Organising a sport event	60	Coursework	
18	Practical skills in sport and physical activities	60	Coursework	
		TOTAL = 360 GLH		



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Explanation

Unit 1 - Body systems and the effects of physical activity

In this unit you will gain an understanding of:

- structures and functions of the key body systems
- how these support and impact performance
- the effects that physical activity, training and lifestyle can have on them.



Unit 1

Body Systems & The Effects of Physical Activity

- 📌 L01 – Skeletal System
- 📌 L02 – Muscular System
- 📌 L03 – Cardiovascular System
- 📌 L04 – Respiratory System
- 📌 L05 – Energy Systems



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Unit 2: sport coaching and activity leadership

- This unit will give you an understanding behind the theory of what makes good sports coaches and activity leaders
- You will explore the roles and responsibilities of coaches and leaders and how these differ from each other and be involved in delivering and teaching sport and physical activity.
- **You will need to:**
 - Effectively plan and deliver SIX sports or activity sessions
 - Reflecting on your own practise and use this feedback to improve your performance

Unit 2

Sports Coaching & Activity Leadership

- 🏀 **LO1** – Roles and responsibilities of leaders
- 🏀 **LO2** – Principles of coaching/leader
- 🏀 **LO3** – Improving skills, techniques & tactics in sport
- 🏀 **LO4** – Planning a sports session
- 🏀 **LO5** – Preparing a sports session (risk assessment)
- 🏀 **LO6** – Delivering a sports session
- 🏀 **LO7** – Reviewing a sports session



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Possible pathways?



• **Careers:**

- Physiotherapist
- Sports and exercise therapist
- Sports coaching
- Personal training
- Education

Further education:

- Sport therapy based degrees
 - Physiotherapy degree
 - Personal training levels
- Coaching award schemes



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Questions?

Do you have any questions about the course?



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Expectations:

To be successful on this course you must:

- Have taken CNAT PE (or equivalent) - this provides the basic entry level knowledge
- Full commitment to coaching a minimum of SIX sports sessions in personal time/after school.
- Have TWO practical sports you will be graded in.
- Commitment to extensive home learning to support exam entry



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First half term (Sept – Oct)

- You will:
- Start your sports coaching coursework (Unit 2)
- Plan your coaching sessions
- Prepare to lead



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Preparation Task

Researching each aspect below.

Why does it help a coach to have these qualities?

- **Roles of sports coaches and activity leaders:**
 - role model, motivator, demonstrator, organiser
- **Responsibilities of sports coaches and activity leaders:**
 - Sets agreed ground rules, fair, safeguard, assess risk



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Summer Task

- Create a mid term plan for the 6 sessions you will deliver.
- These must be progressive sessions of the same sport but can be different skills, or progressions of a skill
- Exempla proforma
- *Sport:*
- *Session Number:*
- *Skill focus:*
- *Skill progression/adaptation:*



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