



Oxford Cambridge and RSA

QUALIFICATION TITLE - OCR Level 2 Cambridge Technical Certificate in Sport and Physical Activity

QUALIFICATION NUMBER – 603/0520/4

OVERVIEW

This qualification is for you if you're 16 years old or over and want to study sport, leisure or fitness.

This qualification is not just about being able to play sport; it will provide you with the skills, knowledge and understanding to progress onto an Apprenticeship, a Level 3 Tech Level qualification or employment in the sport and physical activity sector. Apprenticeships you could progress to include Community Sport and Health Officer. Job roles you could progress to include Assistant Activity Leader.

The qualification is designed to be taken as part of a study programme alongside other vocational qualifications, GCSE resits or A-Levels.

You'll take four mandatory units:

- Physical activity, health and wellbeing
- Physical preparation and readiness for sport and physical activity
- Inclusivity, diversity and equality in delivering sport and physical activity
- Leading sport and physical activity sessions

These units will give you knowledge and understanding of the short and long term effects of sport and physical activity on the body systems and how participation can benefit health and wellbeing. You will also learn how to select appropriate sports or physical activities for people to participate in depending on their needs which includes their age; their ability; any disabilities, injuries or illnesses; their cultural background and their likes and dislikes before going on to develop skills in delivering safe, inclusive and enjoyable sport and physical activity sessions.

EMPLOYER ENGAGEMENT

You will have opportunities to find out from employers how the skills and knowledge you will acquire are used in work. Your school or college will decide how this will happen. The school or college might ask an employer from the sport industry to come in to talk to your class about how they use the skills you are gaining or you may have the opportunity to have work experience in a sports-based organisation.

IS THIS QUALIFICATION RIGHT FOR ME?

This qualification is part of a suite of Cambridge Technicals in Sport and Physical Activity at Levels 2 and 3. Normally, you would choose one of the OCR Level 2 Cambridge Technical in Sport and Physical Activity qualifications because you are aged 16 years plus, are in full-time education but aren't quite ready to study a Level 3 qualification in this sector at this stage. The Level 3 qualification is designed for learners who wish to progress to Higher Education on a sport and physical activity-related programme or into employment in a more skilled job role.

There are two sizes of qualification available in the Level 2 Cambridge Technical in Sport and Physical Activity suite:

OCR Level 2 Cambridge Technical Certificate in Sport and Physical Activity

OCR Level 2 Cambridge Technical Diploma in Sport and Physical Activity

The Certificate is a Technical Certificate qualification and takes 180 guided learning hours to deliver. This means it can be taken in one year. This gives you the flexibility to take other qualifications, whether vocational or academic, in preparation for further study or employment in the sector.

The Diploma is a Technical Certificate qualification and takes 360 guided learning hours to deliver. This means it can be taken in one year and will form the majority of your study programme. However, this still gives you the flexibility to take other qualifications, whether vocational or academic, in preparation for further study or employment in the sector.

You should take the Certificate as it will give you skills, knowledge and understanding of the effects and benefits of sport and physical activity and how to deliver safe, inclusive and enjoyable sport and physical activity sessions. This could allow you to enter employment in the sector as a supervised Assistant Activity Leader in summer camps, after-school clubs or leisure centres for example. You could also continue your education with a Level 3 Tech Level qualification or an Apprenticeship in Activity Leadership.

SUPPORT

The following employers and professional bodies support this qualification:

- CIMSPA
- Sports Coach UK
- English Federation of Disability Sport
- Northamptonshire Sport
- Sports Leaders UK
- Youth Sport Trust

Details of this support can be found on the OCR website.

FURTHER INFORMATION

To find out more about the OCR Level 2 Cambridge Technical Certificate in Sport and Physical Activity (Assistant Activity Leader) please refer to the centre handbook available on the OCR website.

If you have any other queries please contact vocational.qualifications@ocr.org.uk

ABOUT US

OCR is a leading UK awarding body. We provide qualifications which engage people of all ages and abilities at school, college, in work or through part-time learning programmes.

Our general and vocational qualifications equip learners with the knowledge and skills they need for their future, helping them achieve their full potential.