



Oxford Cambridge and RSA

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

QUALIFICATION NUMBER – 603/0521/6

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 employment, either directly or through an Apprenticeship or a Level 3 Tech Level qualification in the sport and physical activity sector. Apprenticeships that this qualification could lead to include Fitness Instructor, Coach or Leisure Attendant. Job roles that you could go on to include Assistant Sports Coach, Assistant Fitness Instructor or Leisure Assistant.

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 between seven and nine mandatory units, depending on the pathway chosen.

Everyone will take the following five mandatory units:

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

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. You will also learn the importance of customer service in the sector and how to deliver excellent customer service and deal with complaints appropriately.

You'll choose to study one of three specialised pathways depending on the career you wish to pursue. Depending on the pathway chosen the units you take will vary:

Pathway – Assistant Sports Coach

Units taken as part of this pathway are Practical sport, Components and principles of fitness training for sport and physical activity and Assisting sports coaching. This pathway can lead to a job role of Assistant Sports Coach in a specific sport or multi-sports; so the skills, knowledge and understanding you will need to achieve in this pathway include the rules and regulations of different sports, skills

and tactics required by different sports, teaching methods, how to follow coaching activity plans and principles of fitness training. Other skills developed include communication, planning and teamwork.

Pathway – Assistant Fitness Instructor

Units taken as part of this pathway are Components and principles of fitness training for sport and physical activity, Fitness induction and testing, Using fitness equipment and Assisting in the delivery of exercise and fitness sessions. This pathway can lead to a job role of Assistant Fitness Instructor; so the skills, knowledge and understanding that you will need to achieve in this pathway include how to measure a client's health, wellbeing and level of fitness prior to their participation in a fitness programme, how to demonstrate the safe and effective use of a range of fitness equipment and how to support the delivery of exercise and fitness sessions. Other skills developed include communication, motivation and presentation skills.

Pathway – Leisure Assistant

Units taken as part of this pathway are Assist in the maintenance and cleaning of an active leisure facility and Supporting the delivery of sport and physical activity events. This pathway can lead to a job role of a Leisure Assistant; so the skills, knowledge and understanding you need to achieve include how to safely set-up, take down and store equipment used in sport and leisure facilities, how to safely undertake routine cleaning requirements in sport and leisure facilities, how to support the planning, marketing and delivery of sport and physical activity events and how to undertake other duties found in sport and leisure facilities such as reception duty. Other skills developed include communication, planning and organisation.

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.

Taking the Diploma will give you specialised skills, understanding and knowledge for working in the sport and physical activity sector in roles such as Assistant Sports Coach, Assistant Fitness Instructor and Leisure Assistant, depending on the pathway taken.

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 Diploma 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.