



Blue Coat Church of England Academy

Year: 12

Subject: OCR Cambridge Technical Level 2 Certificate in Sport and Physical Activity

Overview

The OCR Cambridge Technical Level 2 Certificate in Sport and Physical Activity is a vocational qualification designed for students who are interested in developing their knowledge and skills within the sports and fitness industry. It's ideal for young people who enjoy practical learning and want to explore future careers in sport, coaching, fitness, or active leisure.

This course gives students the opportunity to study sport in a hands-on and engaging way. It combines classroom-based learning with practical activities, helping students understand how the sports industry works and how the body responds to physical activity. The course is equivalent to GCSE level study and provides a solid foundation for progressing to higher-level qualifications or employment.

What Students Learn

Students cover a range of topics that help them develop both practical and theoretical understanding. Typical units include:

- **Unit 1** - Learners gain understanding of how sport and physical activity contribute to physical and mental health; how health and wellbeing are measured; barriers to participation; short- & long-term effects on body systems; strategies to promote activity. Externally assessed.
- **Unit 2** - Learners learn about preparing the body for sport/physical activity: warming up, cool downs, preventing injury, components of fitness, factors affecting readiness. Externally assessed.
- **Unit 3** - Developing understanding and skills to deliver inclusive, accessible sport and activity: considering age, ability, cultural background, disabilities etc. Internally assessed.
- **Unit 4** - This unit aims to equip learners with skills to plan, lead, and evaluate sport / physical activity sessions safely and effectively. Internally assessed.

Each unit is designed to link theory with practice, so students can see how what they learn in class applies to real sporting situations.

How the Course is Assessed

The course is assessed through two external examinations and two internal coursework assignments in which students are marked on their ability to apply knowledge, demonstrate skills, and reflect on their performance.

Skills Developed

Throughout the course, students develop a wide range of valuable skills, such as:

- Teamwork and communication
- Problem-solving and leadership
- Organisation and planning
- Understanding health, fitness, and wellbeing

These skills are not only useful for sports-related careers but are also transferable to many other areas of work and study.

Progression and Next Steps

After completing the Level 2 Certificate, students can progress to:

- The Pearson Btec Level 3 Extended certificate in Sport
- Other Level 3 qualifications (such as BTEC or A-Level equivalents)
- Entry-level employment or apprenticeships in sports coaching, fitness instructing, or leisure management

The OCR Cambridge Technical Level 2 Certificate in Sport and Physical Activity is an excellent choice for students who enjoy sport and want to learn through practical experience. It helps build confidence, promotes healthy lifestyles, and opens doors to exciting careers in the sports industry. Parents can feel confident that their child will gain a recognised qualification, useful life skills, and a strong foundation for future study or employment.