OCR Technical in Sport

Room: Shades Café

What the Students Say

This is great for me as I wanted a specialist course in Sport – more in depth than the Level course"

This OCR course is equivalent to two A Level and is therefore studied for 8 hours per fortnight. If you undertake the advanced diploma (two option blocks it will be 3 A Level equivalent).

What is this Course About?

There is potential for the qualification to prepare learners for employment in the Sports and Leisure Industry, go onto university to study Sport, Sport Science, Physiotherapy and Sport Coaching and it is suitable for those who have decided that they wish to enter a particular area of work.

What Will I Learn?

A wide selection of topics will be addressed. Units include:

Year 12	Year 13
UNIT 1: Principles of Anatomy & Physiology EXAM	UNIT 3: Sport and Society
UNIT 2: Sports Coaching (Coursework)	UNIT 5: Organising a Sports event
UNIT 18: Practical Sport (Coursework)	

Each of the topics above will develop your understanding of a specialist area in the sports and leisure industry and will enhance your ability to be a coach or work with people wanting to develop their fitness.

Where Will It Take Me?

In each unit you will be given an assignment involving a number of tasks which links to work that could be undertaken in the real world. The tasks will vary from giving presentations, creating resources, demonstrating competency and leading and organising events. Each task is aimed at not only enabling you to meet the pass, merit and distinction criteria, but also to develop as potential employees within the sport and leisure industry. These experiences will hopefully make you more employable in a variety of careers. For example: Exercise, Fitness, Coaching, Leadership, Sports development and the Outdoors Education Sector.

What Opportunities Exist Outside of Class?

The PE department contributes a great deal to sixth form life in general via our enrichment programme and you will be encouraged to involve yourself in developing your sporting skills through involvement with a number of clubs and team sports. You will have access to extracurricular activities such as badminton, volleyball, 5-a-side football, handball, tennis, trampolining and cross-country. We also have a modern fitness suite, a brand new 3G pitch and state of the art Padel courts.