

Sport and Leisure

General Information

Cambridge Level 3 Diplomas are an exam-free qualification which take an engaging, practical approach to learning and assessment. Industry-relevant and geared to key sector requirements, these vocationally related qualifications are increasingly popular and suit a range of learning styles. Cambridge Level 3 Diplomas are most suited if you want to go into a particular vocation, or to move onto university. Cambridge Diplomas at Level 3 earn UCAS points like any A Levels.

The course is offered as a one or two year programme. The one year double programme is called the Introductory Diploma and is equivalent to one A Level, while the two year programme is called the Diploma and is equivalent to 2 A Levels. It is expected that QE students will commit to the 2 year course. You can also complete the Introductory Diploma over 2 years, 3 units in each year. The one year single programme is called the Certificate and an A Level is gained over 2 years.

Useful / common subject combinations

The Cambridge Diploma can be taken in combination with most other Advanced Level subjects. Complementary subjects include IT, Travel and Tourism, English

Careers / HE information

Degrees in:

- Leisure Management • Business Management
- Marketing Management • Adventure Tourism Management
- Leisure & Tourism Management

Employment

- Leisure Club Manager • Leisure Assistant
- Recruitment Consultant • Marketing • Teaching

Cambridge Technical Diploma Level 3



Entry requirements

- It is strongly recommended that you should have at least a grade 4 in GCSE English.
- You should also meet general College entry requirements for Advanced Level study. Please see the College prospectus for the entry requirements.

In this subject, particular skills and aptitudes will be required, many of which will be demonstrated by students' GCSE profiles. Entry requirements might be changed in light of curriculum reform.

Sport and Leisure

Course content (Double Course)

On the double course you will study 12 units in total over 2 years:

- **Year 1**
10 hours per week - 4 mandatory units and 2 optional units are studied. This leads to a full A Level in year 1.
- **Year 2**
6 optional units are studied in the second year. This leads to a second A Level in year 2.

Course content (Single Course)

- **Year 1**
5 hours per week - 4 mandatory units. This leads to an AS Level in year 1.
- **Year 2**
3 optional units are studied in the second year. This leads to a full A Level in year 2.

Optional units. These may include:

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| Learning and Developing Sport Skills | Injury in Sport Analyse and Improve Performance |
| Health and Safety in Sport | Nutrition for Sport and Exercise |
| Anatomy and Physiology for Sport and Exercise | Optimising Performance in Sport |
| Managing and Operating Outdoor Education | Sport Development |
| Technology in Sport | Sport Facility Management |
| Exercise Prescription | Sport and Disability |
| Training and Fitness | Sport Marketing |
| Sport and Exercise Psychology | Advanced Sports Leadership |

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Mandatory units in Year 1:

Unit 1 – Principles of anatomy and physiology

Understanding the major body systems related to exercise such as the skeletal, muscular, cardiovascular, respiratory and energy systems is a crucial step for anyone aspiring to work in the sports industry. This unit will enable you to know the structure of each of these systems and understand the role and function they take on as the body starts to exercise.

Unit 2 – Sports Coaching

This unit will show you how varied the role and responsibilities of a coach can be and how they can impact on an athlete's performance and even their career. It will also show you how a variety of methods and techniques need to be used by a coach in order to ensure that they are getting the best out of their athletes.

Unit 3 – Current Issues

This unit will also examine the various factors which either influence or hinder sports participation. Determinants such as ethnicity, gender and socio-economic groupings are also identified as barriers to sports participation.

How it is taught and assessed

All units are internally assessed by the College, and then externally moderated by a Visiting Moderator. There are no external tests or exams, and ongoing assessments are flexible.

All Cambridge Diplomas help you develop your personal skills in areas applicable to any workplace, such as team working, communication and problem solving. The courses have been designed to accredit your achievements and ability to carry out tasks in a way that is relevant to the workplace. Features include:

- Practical skills taught in real-life situations.
- 100% coursework.
- Skills which are practical and applicable, and favoured by employers.