



Queen Mary's College

## **Sport & Physical Activity Vocational Level 3 Extended Diploma**

**Head of Department:** Clare Last

**Email:** [clare.last@qmc.ac.uk](mailto:clare.last@qmc.ac.uk)

*'Sport can, and does, make a profound and positive impact on individuals, communities and wider society.'* Sport England

### **Fact File**

- Outstanding Sport Facilities, including Floodlit 3G, Swimming Pool and Fitness Suite
- Enthusiastic, highly qualified, subject specialists
- Excellent opportunities for 'real life' learning
- Fitness Instructor Level 1, Multiskills Level 1 and Sailing Level 1 included.
- Outdoor Education trip to Rockley Point
- Opportunities to train and compete in your chosen sport alongside the academic course
- Supports progression onto Higher Education or directly into employment

### **Course Summary**

Are you interested in a career in the Sports Industry? Are you an aspiring coach or PE teacher? Are you keen to develop your knowledge of fitness and training? If so, this course could be a great choice for you!

The Cambridge Technicals are an excellent choice of course which are widely endorsed by employers and educational institutions. Through the course, students will gain a valuable skillset ready to enter employment in the sports industry or higher education. Students will benefit from a significant amount of employer engagement as well as gaining a broad experience within the sports sector, including hands-on coaching, leadership and instructing. This is a demanding, yet rewarding, applied course which is theory and practically based; it requires a high level of organisation and commitment from students. To achieve the qualification students will complete various work based projects and assignments that are based on realistic workplace situations, activities and demands.

## Specific entry requirements

PE GCSE or equivalent beneficial but not essential.

## Progression skills and opportunities

Throughout the course you will be challenged to develop a variety of skills such as leadership, coaching, instructing and team work. Assignments will promote the development of your high order skills such evaluation, justification and analysis.

The course will include two weeks of work experience within the sports sector. This will develop a range of work based skills and will enable you to reflect and action plan towards your future goals.

This course provides you with a broad qualification that prepares you for further study or a career within the sport sector, including:

Sport and Recreation Facility Management

Health Promotion

Fitness and Personal Training

Coaching/Teaching/Training

Sports Therapy

Sports Development Officers

## How is the course assessed?

The course is predominately assessed through vocationally relevant coursework assignments and projects, applying your knowledge and understanding of a range of key concepts. In addition, over the two year course there will be four externally assessed units of which will be assessed via an exam.

## What topics will I be studying?

• Body Systems and the Effects of Physical Activity • Practical skills in Sport and Physical Activities • Working Safely in Sport, Exercise, Health and Leisure • Working in Active Leisure • Sports Coaching and Activity Leadership • Sport Organisation and Development • Nutrition and Diet for Sport and Exercise • Physical Activity for Specific Groups • Organisation of Sports Events • Group Exercise to Music • Health and Fitness Testing for Sport and Exercise • The Business of Sport • Improving Fitness for Sport and Physical Activity • Sport and Exercise Psychology • Sports Injuries and Rehabilitation

## Will I need any specialist materials or equipment?

You will need sports kit for all practical based lessons. An online text book will be available to support your understanding of key concepts. QM Sports kit is available via our supplier.



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