

A level

Sport and Physical Activity

Sport and fitness is a huge industry, with the sector in England alone contributing almost £20 billion to the UK economy each year. The study of Sport and Physical Activity will provide you with a solid grounding in the fundamental concepts that underpin sporting activity. You will gain a solid foundation in human physiology and how our muscles, tissues and organs work together during exercise, as well as the importance of nutrition and how performance can be maintained and maximised through appropriate dietary choices. In addition, you will have the opportunity to put into practice the principles of coaching, effective leadership and rehabilitation and learn how to apply these in the management of individuals in a sporting environment.

Entry requirements

- Grade 5 in GCSE Combined Science
- Grade 5 in GCSE English Language

Course breakdown

In Year 12 you will study the following units:

- Unit 1 – Body systems and the effects of physical activity
- Unit 2 – Sports coaching and activity leadership

In Year 13 you will study the following units:

- Unit 3 – Sports organisation and development
- Unit 8 – Organisation of sports events
- Unit 17 – Sports injuries and rehabilitation

How will the course be assessed?

At the end of Year 12 you will be entered for the Level 3 Certificate in Sport and Physical Activity.

- Exam: Unit 1 – 1.5 hours – 50% of Certificate
- Coursework: Unit 2 – 50% of Certificate

There will be the opportunity to re-sit the exams, should this be necessary.

At the end of Year 13 you will be entered for the Level 3 Extended Certificate in Sport and Physical Activity. This will include the results for Units 1 and 2, where each count for 25%, in addition to:

- Exam: Unit 3 – 1.5 hours – 33%
- Coursework: Unit 8 – 33%
- Coursework: Unit 17 – 33%

Where can the course lead?

If you are interested in sport, then this is the course for you. Whether you are an active participant, just interested in the science or are keen to gain an understanding of how sport is organised. Sport and Physical Activity is not just an appropriate choice for those wishing to pursue a sport or coaching career, but is also a great choice if you wish to explore a sports management and administration route, or if you aspire to work in physiotherapy, injury rehabilitation, sport and exercise science, occupational therapy or dietetics and nutrition, amongst many other health or sport related careers.

