

# Advanced Specialist Qualification in Sport



**Entry Criteria:** You will need to achieve a Grade 4 or above in English or Mathematics and at least four other GCSE subjects at Grade 4/C or above.

**Coursework/Examination Requirements:** The course consists of five examined units and eleven coursework units.

**Awarding Body/Specifications:** Cambridge Technical Extended Diploma in Sport and Physical Activity.

**Advanced Specialist Qualification:** An Advanced Specialist Qualification is a two-year full time vocational course, where you learn by completing assignments that are based on realistic situations, activities and demands. This course is equivalent to three A Levels. As well as learning about the employment area, you develop the skills you need to start a career.

The course is made up of sixteen units, eleven of which consist of approximately five assignments. Assignments can be in different formats such as written reports, PowerPoint presentations, discussions, role plays and posters. There are also practical activities such as participating in sports on the school site and outdoor sports at an external venue.

## Year 12

Unit 1: Body Systems and the Effects of Physical Activity

Unit 2: Sport Coaching and Activity Leadership

Unit 3: Sports Organisation and Development

Unit 4: Working Safely in Sport, Exercise, Health and Leisure

Unit 11: Physical Activity for Specific Groups

Unit 12: Nutrition and Diet for Sport and Exercise

Unit 13: Health and Fitness Testing for Sport and Exercise

Unit 14: Working in Active Leisure Facilities

## Year 13

Unit 5: Performance Analysis in Sport and Exercise

Unit 7: Improving Fitness for Sport and Physical Activity

Unit 8: Organisation of Sports Events

Unit 17: Sports Injuries and Rehabilitation

Unit 18: Practical Skills in Sport and Physical Activities

Unit 19: Sport and Exercise Psychology

Unit 20: Sport and Exercise Sociology

**Progression:** This qualification is not just about being able to play sport; it will provide learners with the skills, knowledge and understanding to progress into Higher Education on a sport-related programme such as Sport and Physical Education, Sport Science, Sport Coaching and Development or Sport and Leisure Management. If you want to get a job straight away you could work in the following areas: sport centres, leisure centres and outdoor activity centres. If you decide to go to university, this course provides you with the same opportunities as studying A Levels would.

**Opportunities:** Students will undertake a one day a week work placement throughout the year within the Sports Industry and assist teachers within Key Stage 3 Physical Education lessons.