

OCR Level 3 Sport Diploma (Double)



Unit 13 – Health and fitness testing for sport and exercise – 60GLH
Coursework assessed – April to May
In this unit you will learn a range of fitness tests, what they test and their advantages and disadvantages. You will learn how to complete client consultations which will give you the background knowledge you need about a client to be able to plan and deliver appropriate fitness tests.



Retake – Unit 1 Exam

May
Unit 2 - End
Unit 13 - End

Unit 8 – Organisation of sports events – 60GLH
Coursework assessed unit – January to April
This unit is designed for you to develop skills in planning, promoting and delivering a sports event; with a focus primarily on your individual role as well as working as part of a team and reflecting on your input and future personal development.



Unit 2 – Sports coaching and activity leadership – 90GLH
Coursework assessed – September to May
This unit will give you an understanding behind the theory of what makes good sports coaches and activity leaders and methods that can be employed to improve the performance of participants. You will explore the roles and responsibilities of coaches and leaders and how these differ from each other and others involved in delivering and teaching sport and physical activity. The main part of the unit is related to you developing the skills and understanding necessary to effectively plan and deliver a series of sports or activity sessions reflecting on your own practice and using this feedback to improve your performance as a sports coach or activity leader.

Unit 13 - Start
April
Unit 8 - End

Unit 8 - Start
February
Unit 17 - End

Exam – Unit 1
70 mark exam
1 hour 30 min exam

January
Unit 1 - End

Unit 17 – Sports injury and rehabilitation – 60GLH
Coursework assessed – September to February
This unit will teach you how to recognise and treat common sports injuries both immediately and through long-term rehabilitation programmes, the possible psychological impacts of sports injuries and how to minimise the risk of sports injuries occurring in the first instance.

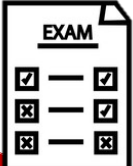


Retake – Unit 3 Exam

YEAR
13

September
Unit 1 - Start
Unit 2 - Start
Unit 17 - Start

Unit 19 – Sports and exercise psychology – 60GLH
Coursework assessed – February to May
In this unit you will learn different motivations that people have for participating in sport and exercise and how performance can be managed through an understanding of attribution theory, stress and group dynamics. You will also learn the impacts that participation in sport and exercise can have on a person's mental health and wellbeing, whether an elite performer or a member of the general public.



May
Unit 19 - End
Unit 11 - End
Unit 18 - End

Unit 19 - Start
February

Exam – Unit 3
60 mark exam
1 hour exam
Exam – Unit 4
70 mark exam
1.5hours

Unit 3 - End
Unit 5 - End
Unit 4 - End

Unit 18 - Practical skills in sport and physical activities – 60GLH
Coursework assessed – October to May
This unit gives you the opportunity to participate in a number of different sports and outdoor and adventurous activities which allows you to experience first-hand situations that participants you may later be coaching or leading will come across.

Unit 4 –Working safely in sport, exercise, health and leisure – 90GLH
Exam Unit – September to January
Throughout the unit you will gain an understanding of key safety requirements to be able to ensure your own, and your clients' safety. Topics include: understanding key health and safety legislations, knowing how to administer emergency first aid, understanding roles, responsibilities and reporting duties in safeguarding children and vulnerable adults and finally, knowledge of key health and safety documents, including how to carry out risk assessments.



October
Unit 3 - Start
Unit 11 - Start
Unit 18 - Start

Unit 11 –Physical activity for specific groups – 30GLH
Coursework assessed unit – October to May
This unit will allow you to develop a knowledge and understanding of the different groups of individuals who would benefit physiologically, psychologically and sociologically from participating in physical activity and why these particular groups are targeted by initiatives.

Unit 3 – Sports organisation and development – 60GLH
Exam Unit – October to January
In this unit you will gain an understanding of the organisations involved in sport in the UK, their roles and responsibilities and how they work together. You will also gain an understanding of sports development, including the organisations involved, who sports development is targeted at and why, how sports development is carried out and how the success of sports development initiatives can be measured.

Unit 5 - Performance analysis in sport and exercise – 60GLH
Coursework assessed – September to January
This unit will give you the skills and knowledge required to carry out performance profiling and analysis and deliver feedback to the performers in a manner that is suitable for them.

Unit 5 - Start
Unit 4 - Start
September
YEAR
12
START