

Why study CTEC Sport and Physical Activity?

The Cambridge Technical Extended Certificate in Sports and Physical Activity is great preparation for a career as a sports person or in the sports industry, in roles such as personal trainer, coach, nutritionist, physiotherapist, leisure centre manager, events organiser, PE teacher and more.

What will I study?

Unit 1: Body Systems and the effects of Physical Exercise

- *In this unit you will gain an understanding of the structures and functions of the key body systems, how these support and impact performance in sport and physical activity and the effects that physical activity, training and lifestyle can have on them.*

Unit 2: Sports Coaching and Activity Leadership

- *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.*

Unit 3: Sports Organisations and Development

- *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.*

Unit 8: Organisation of Sports Events

- *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 17: Sports Injuries and Rehabilitation

- *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.*

Assessment

CTEC Sport is assessed through coursework, practicals and exams.

Study trips, visits and events

Sports students take part in sports festivals and competitions, organise tournaments. We have visiting guest speakers and trips to events. You can also gain qualifications in First Aid, Coaching and Officiating.

Subject entry requirements

4 in GCSE PE if taken, a Merit in L2 Sports Studies if taken, or 4 in English Literature or Language, plus a 4 in a Science



Student Perspective

“Studying CTEC Sport gave me an insight into the different aspects of sport that I was interested in and it also helped to prepare me for studying to become a Chiropractor at University.”

Alex, Year 13

“I wanted to know what working in the sports industry would be like and the CTEC course gave me opportunities to gain some real world experience and helped me to get a coaching apprenticeship.”

Olivia, Year 13