



Subject: NATIONALS IN SPORT
Levels available: Level 3

Exam Board: OCR

Subject Leader: Miss S Ball / Miss R Broughton

Course Information:

ARE THEY FOR ME?

If you love sport and would like to make a career of it—maybe as a sporting professional, teaching, coaching or working in the sports industry—then the OCR level 3 Nationals in Sport will set you on the right track. You can also study individual units alongside other qualifications if that suits what you want to do.

HOW WILL THESE QUALIFICATIONS BENEFIT ME?

You will:

- Develop the ability to work autonomously and effectively;
- Build your skills, knowledge and understanding of sport needed to both continue studying and to start work;
- Be able to specialise in particular areas of sport if you wish;
- Obtain a qualification that is relevant to the workplace.

HOW CAN I PROGRESS FROM THESE QUALIFICATIONS?

- To start work at an operative or supervisory level in, for example: sports coaching, gym/fitness instruction, sport development, sports administration or youth work;
- To college or university for further study;
- To work-related and occupational qualifications in sport.

WHAT DO THEY COVER?

MANDATORY UNITS

- Unit 1 The sports industry
- Unit 2 Sport and society
- Unit 3 Principles of sport coaching
- Unit 4 Sport in the UK.

OPTIONAL UNITS

Non-specialist units

- Unit 5 Learning and developing sport skills
- Unit 6 Health and safety in sport
- Unit 7 Anatomy and physiology for sport and exercise
- Unit 8 Managing and operating outdoor education
- Unit 9 Technology in sport
- Unit 10 Exercise prescription
- Unit 11 Career planning for the sports industry
- Unit 12 Work experience in the sports industry.

Sport Performance Specialist Pathway

- Unit 13 Training and fitness
- Unit 14 Sport and exercise psychology
- Unit 15 Injury in sport
- Unit 16 Analyse and improve performance
- Unit 17 Nutrition for sport and exercise
- Unit 18 Optimising performance in sport.

Continued over . . . /

Course Information:

Sport Development Specialist Pathway

Unit 19	Sport Development
Unit 20	Sport facility management
Unit 21	Sport and disability
Unit 22	Sport marketing
Unit 23	Advanced sports leadership.

HOW ARE THE OCR LEVEL 3 NATIONALS IN SPORT ASSESSED?

There are no exams. Your tutor will assess your work for all units and this will be checked by OCR.

The OCR Level 3 Nationals in sport includes three types of qualifications, each one building on the previous.

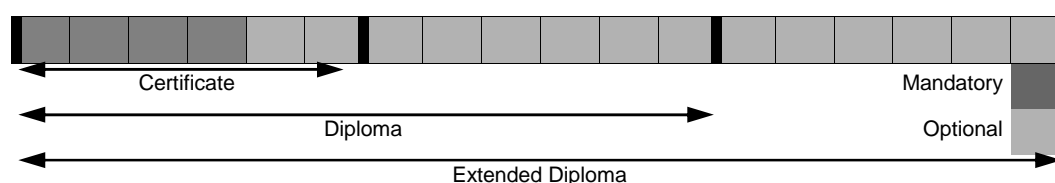
To achieve the **Certificate**, you must achieve a total of 6 units consisting of 4 mandatory units and 2 optional units.

To achieve the **Diploma**, you must complete a total of 12 units consisting of 4 mandatory units and 8 optional units.

To achieve the **Extended Diploma**, you must complete a total of 18 units consisting of 4 mandatory units and 14 optional units.

You can enter for individual units and gain certificates for units as you achieve them.

A number of options are available to you. If you wish, you can start with the 6 unit Certificates and, by adding a further 6 optional units, you can achieve the 12-unit Diploma. You can then progress with another six optional units to gain the full 18-unit Extended Diploma.



WHERE CAN I FIND OUT MORE?

Please contact the Subject Leader of PE—Miss S Ball/Mr M Dare