

**KS5: Curriculum Map**  
**Sport & Physical Activity**

SUBJECT	SPORT & PHYSICAL ACTIVITY	
EXAM BOARD	OCR	
LEVEL	3	
QUALIFICATION	Cambridge Technical	
EQUIVALENCY	Certificate	1 x AS Level
	Extended Certificate	1 x A Level
	Foundation Diploma	1½ x A Level
	Diploma	2 x A Level

Year 12	Semester 1			Semester 2		
	Advent 1	Advent 1	Lent 1	Lent 2	Pentecost 1	Pentecost 2
<b>Certificate</b>	1. Body Systems and the Effect of Exercise					
<b>Extended Certificate</b>	1. Body Systems and the Effect of Exercise			2. Sports Coaching and Leadership		
<b>Foundation Diploma</b>	1. Body Systems and the Effect of Exercise 2. Sports Coaching and Leadership			3. Sports Organisation and Development 17. Sports Injuries and Rehabilitation		
<b>Diploma</b>	1. Body Systems and the Effect of Exercise 2. Sports Coaching and Leadership			3. Sports Organisation and Development 17. Sports Injuries and Rehabilitation		

**KS5: Curriculum Map**  
**Sport & Physical Activity**

<b>Year 13</b>	<b>Semester 1</b>			<b>Semester 2</b>		
	<b>Advent 1</b>	<b>Advent 1</b>	<b>Lent 1</b>	<b>Lent 2</b>	<b>Pentecost 1</b>	<b>Pentecost 2</b>
<b>Certificate</b>	2. Sports Coaching and Leadership					
<b>Extended Certificate</b>	3. Sports Organisation and Development 12. Nutrition & Diet for Sport & Exercise			11. Physical Activity for Specific Groups 17. Sports Injuries and Rehabilitation		
<b>Foundation Diploma</b>	4. Working Safely in Sport, Exercise, Health & Leisure 6. Group Exercise to Music			11. Physical Activity for Specific Groups 13. Health & Fitness testing for sport and exercise		
<b>Diploma</b>	4. Working Safely in Sport, Exercise, Health & Leisure 6. Group Exercise to Music 10. Biomechanics & Movement Analysis 19. Sport and Exercise Psychology			11. Physical Activity for Specific Groups 13. Health & Fitness testing for sport and exercise 7. Improving Fitness for Sport & Physical Activity		

Unit Number & Title	Learning Outcome
<b>1. Body Systems and the Effect of Exercise</b>	LO1. Understand the skeletal system in relation to exercise and physical activity LO2. Understand the muscular system in relation to exercise and physical activity LO3. Understand the cardiovascular system in relation to exercise and physical activity LO4. Understand the respiratory system in relation to exercise and physical activity LO5. Understand the different energy systems in relation to exercise and physical activity
<b>2. Sports Coaching and Leadership</b>	LO1. Know the roles and responsibilities of sports coaches and activity leaders LO2. Understand principles which underpin coaching and leading LO3. Be able to use methods to improve skills, techniques and tactics in sport LO4. Be able to plan sports and activity sessions LO5. Be able to prepare sports and activity environments LO6. Be able to deliver sports and activity sessions LO7. Be able to review sports and activity sessions
<b>3. Sports Organisation and Development</b>	LO1. Understand how sport in the UK is organised LO2. Understand sports development LO3. Understand how the impact of sports development can be measured LO4. Understand sports development in practice
<b>4. Working Safely in Sport, Exercise, Health &amp; Leisure</b>	LO1. Understand emergency procedures in sport, exercise, health and leisure LO2. Understand health and safety requirements in sport, exercise, health and leisure LO3. Understand how to minimise risk in sport, exercise, health and leisure LO4. Know first aid requirements for sport, exercise, health and leisure LO5. Know how to safeguard children and vulnerable adults in sport, exercise, health and leisure
<b>6. Group Exercise to Music</b>	LO1. Be able to select music for use in group exercise to music sessions LO2. Be able to plan group exercise to music sessions LO3. Be able to deliver, progress and adapt group exercise to music sessions LO4. Be able to evaluate group exercise to music sessions
<b>7. Improving Fitness for Sport &amp; Physical Activity</b>	LO1. Understand principles applied in fitness training LO2. Be able to plan fitness programmes LO3. Be able to deliver a fitness programme LO4. Be able to evaluate a fitness programme

Unit Number & Title	Learning Outcome
<b>10. Biomechanics &amp; Movement Analysis</b>	LO1. Understand movement in relation to sport and physical activity LO2. Understand motion and force in relation to sport and physical activity LO3. Be able to analyse movement in sport and physical activity LO4. Be able to use movement analysis to improve performance in sport and physical activity
<b>11. Physical Activity for Specific Groups</b>	LO1. Know about the provision of physical activity for specific groups LO2. Know the benefits of and specific groups barriers to participating in physical activity for specific groups LO3. Know the exercise referral process LO4. Be able to plan physical activity sessions for specific groups
<b>12. Nutrition &amp; Diet for Sport &amp; Exercise</b>	LO1. Understand the principles and importance of a balanced diet LO2. Understand energy balance LO3. Understand the importance of hydration in sport and exercise LO4. Know the effects of supplements on diet and performance in sport and exercise LO5. Understand the psychology of healthy eating
<b>13. Health &amp; Fitness testing for sport and exercise</b>	LO1. Be able to use a range of fitness tests LO2. Be able to complete a client health and fitness consultation LO3. Be able to plan a fitness testing session LO4. Be able to deliver a fitness testing session LO5. Be able to interpret the results of fitness tests and provide feedback
<b>17. Sports Injuries and Rehabilitation</b>	LO1. Know common sports injuries and their effects LO2. Be able to minimise the risk of sports injuries LO3. Be able to respond to acute sports injuries when they occur LO4. Know the role of different agencies in the treatment and rehabilitation of sports injuries LO5. Be able to plan a rehabilitation programme for a specific sports injury
<b>19. Sport and Exercise Psychology</b>	LO1. Know the different factors that affect motivation for sport and exercise LO2. Understand attribution theory in relation to sport and exercise LO3. Understand the effects of stress, anxiety and arousal in sport and exercise LO4. Understand the importance of group dynamics in team sports and group exercise LO5. Understand the psychological impact of sport and exercise on mental health and wellbeing

# KS5: Curriculum Map Sport & Physical Activity



**St Peter & St Paul**  
Catholic Voluntary Academy  
*Pro Petro Paulo Patria*

## Unit options per Course Size

M = Mandatory O = Optional				Certificate 180 GLH	Extended Certificate 360 GLH	Foundation Diploma 540 GLH			Diploma 720 GLH		Extended Diploma 1080 GLH
Unit number	Unit title	GLH	Assessment method			Activity Leadership	Fitness Instructing	Recreational Assistant	Sports Coaching	Personal Training	Sport and Physical Activity Development
1	Body Systems and the Effects of Physical Activity	90	E	M	M	M	M	M	M	M	M
2	Sports Coaching and Activity Leadership	90	I	M	M	M	M	M	M	M	M
3	Sports Organisation and Development	60	E	–	M	M	M	M	M	M	M
4	Working Safely in Sport, Exercise, Health and Leisure	90	E	–	–	M	M	M	M	M	M
5	Performance Analysis in Sport and Exercise	60	I	–	O	–	–	–	M	–	M
6	Group Exercise to Music	60	I	–	–	–	M	–	–	M	O
7	Improving Fitness for Sport and Physical Activity	60	I	–	–	–	–	–	–	M	M
8	Organisation of Sports Events	60	I	–	O	O	–	M	M	–	M
10	Biomechanics and Movement Analysis	60	I	–	O	–	–	–	O	O	O
11	Physical Activity for Specific Groups	30	I	–	O	M	M	M	M	M	M
12	Nutrition and Diet for Sport and Exercise	30	I	–	O	O	O	O	O	O	M
13	Health and Fitness Testing for Sport and Exercise	60	I	–	–	–	O	–	O	M	O
14	Working in Active Leisure Facilities	60	I	–	–	–	–	M	–	–	M
17	Sports Injuries and Rehabilitation	60	I	–	O	O	O	O	M	O	M
18	Practical Skills in Sport and Physical Activities	60	I	–	O	O	–	O	M	–	M
19	Sport and Exercise Psychology	60	I	–	O	–	–	–	O	O	O
20	Sport and Exercise Sociology	60	I	–	O	–	–	–	–	–	O
21	The Business of Sport	90	E	–	–	–	–	–	–	–	M