Vocational Sports - OCR Level 2

Programme Outline:

The OCR Level 2 Cambridge Technical qualifications in Sport provide students with practical opportunities to develop core knowledge and skills needed to deliver sport and physical activity to a wide range of participants. Throughout the course, students will develop an understanding of key areas such as fitness, training methods, leadership, coaching and working safely in sport. The qualification focuses on practical application, allowing students to build confidence, communication skills and teamwork through hands-on activities and real-life sporting scenarios.

This qualification is assessed through coursework, with units internally assessed. There are no formal external examinations.

The qualification is offered as a Certificate, Extended Certificate and Diploma. Students will study a range of mandatory and optional units, allowing them to develop both practical and theoretical knowledge across sport and physical activity.

Students will have the opportunity to achieve a Pass, Merit or Distinction grade, depending on their performance across the assessed units.

Mandatory units include:

- Practical sport
- Anatomy and physiology for sport

Optional units include:

- Fitness testing and training
- Development of personal fitness
- Lifestyle and the sports performer
- Effects of exercise on the body systems
- Injury in sport

- Planning and leading sports activities

- Technical skills and tactical awareness for sport
  The course supports progression to further study at Level 3, apprenticeships, or entry-level roles within the sport and physical activity sector, including coaching, fitness instruction and sports leadership.

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