CTEC

SPORT

Course Summary

Bishop Challoner Catholic School

ENTRY REQUIREMENTS: **Minimum of 5 GCSEs at grade 4/C or above. GCSE PE (5 Minimum) or BTEC (Level 2 Merit) Sport background which is preferred but not essential.**

COURSE OVERVIEW

The course is assessed through practical assignments and presentations, alongside written exams covering theory such as anatomy and physiology. Learning combines classroom study, independent research, and hands-on practical work. Students plan coaching sessions, analyse performance, take part in fitness testing, and develop skills like teamwork, leadership, and professionalism.

WHY SHOULD I STUDY SPORT?

This course allows students to explore sport in both practical and theoretical ways. By studying topics such as coaching, fitness, and sports performance, learners develop valuable skills and a deeper understanding of the sports industry. It also offers hands-on opportunities to deliver coaching sessions and analyse performance, ideal for those interested in careers in coaching, fitness, sports science, or the wider sporting industry.

WHAT COURSES CAN THIS PREPARE ME FOR AT UNIVERSITY?

A CTEC in Sport prepares you for university courses such as Sports Science, Physiotherapy, Teaching, Coaching, and Fitness Management, building strong practical and theoretical skills for sport-related study.

WHAT CAREERS CAN THIS SUBJECT SET ME UP FOR?

A CTEC in Sport can lead to careers in coaching, teaching, fitness, and sports performance. Roles include sports coach, PE teacher, personal trainer, sports scientist, physiotherapy assistant, and fitness instructor.

COURSE SPECIFICATION

EXAM BOARD: OCR

Mandatory/ Exam Unit	Content	GLH	Duration
1	Body Systems and The Effects of Physical Activity	90	90 mins
3	Sports Organisations and Development	60	60 mins
4	Working Safely in Sport, Exercise, Health and Leisure	90	90 mins
21	The Business of Sport	120	120 mins