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Subject Guides



Level Three Sport & Physical Activity



Level 3 in Sport and Physical Activity

Introduction

The Cambridge Technical Level 3 Extended Certificate in Sport and Physical Activity is a dynamic and practical qualification for students who are passionate about sport and keen to explore its many career pathways. Equivalent to one A Level, this course blends theoretical knowledge with hands-on experience.

Students will develop a strong understanding of key topics such as anatomy and physiology, sports coaching and the organisation of sport. Through a combination of exams and coursework, they'll gain valuable skills in leadership, communication, and analysis—essential for roles in coaching, personal training, sports development and beyond.

This qualification is ideal for motivated learners who enjoy working independently and as part of a team and who are ready to take their interest in sport to the next level.

What You Will Learn

Mandatory Units:

Body Systems - Externally Assessed - Examination

Sports Organisation/Development - Externally Assessed - Examination

Sports Coaching - Internally Assessed - Coursework

Optional Units

Sport and Exercise Sociology - Internally Assessed - Coursework

Sport and Exercise Psychology - Internally Assessed - Coursework

Where It Can Lead To

This qualification opens up a wide range of progression routes for students interested in pursuing careers in the sport and fitness industry. Whether that be degrees at university or enter employment or apprenticeships in areas like personal training.

