

Cambridge Technical in Sport



Entry Requirements

You are expected to have a grade 4 in English and / or maths and a level 2 qualification in the subject area is desirable.

The biggest requirement is to have a passion and interest in sport.

Knowledge & Skills Gained

The qualification aims to develop your knowledge, understanding and skills of the essentials of Sport and Physical Activity. You will gain an insight into the sports industry.

You will also develop professional, personal and social skills through interaction with peers and clients, as well as theoretical knowledge and understanding to underpin these skills. These support the transferable skills required by employers such as communication, problem solving, time management, research and analytical skills.

Units include:

- Body systems
- Sport coaching
- Safety in sport
- Organising an event
- Practical sport
- Sports injury
- Fitness testing
- Biomechanics
- Psychology
- Performance analysis



Future Opportunities

The course aims to provide a rounded understanding of sport and the industry. You will undertake a number of units which help to develop your understand of the body, the mind and the sporting world around you. These will lead exceptionally well in to future opportunities such as:

- Sports coach
- Personal trainer (with an additional qualification)
- University (various courses including sport coaching, sport science, nutrition, physiotherapy)

Complementary Subjects

Though undertaking a further subject is not necessary, many of our students choose to undertake other subjects such as biology and psychology which supports much of the content delivered on the course.