

Course title: Sport and Physical Activity

Academic year:	2026
Course Venue:	Blessed William Howard Catholic High School
Course Type:	A Level
Duration:	2 years

Course Description:

Cambridge Technical Level 3 (UCAS tariff points are awarded for this qualification)

- Body Systems and the effects of physical activity
- Sports coaching and activity leadership
- Sports organisation and development
- Sport and exercise psychology

This qualification is aimed at students with a keen interest in sport. It helps students to achieve their potential and progress to the next stage of their lives, whether that's higher education, an apprenticeship or employment.

Course Content:

The course offers a wide range of centre assessed units with practical and wider project-based assessment opportunities, as well as examined units on the body systems and the long and short term impacts of sport and physical activity; how sport is organised and the purpose of sports development.

Entry requirements:

The standard entry criteria to study in the sixth form are a 9-4 in at least seven different subjects, including English and mathematics, which would usually be at grade 5 or above.

Ideally, students will have studied a sports course at GCSE level

Further information:

Mr Aston mat@bwh.staffs.sch.uk