



Lefel 3 Tystysgrif Estynedig Gymhwysol mewn Chwaraeon Hafal i Lefel A

Mae cymhwyster CBAC Lefel 3 Tystysgrif Estynedig Gymhwysol mewn Chwaraeon yn gymhwyster newydd cyffrous a fydd yn rhoi i ddysgwyr y wybodaeth y ddealltwriaeth a'r sgiliau sylfaenol sy'n gysylltiedig â'r sector chwaraeon.

Blwyddyn 12 (50%)

Uned 1 (20%) – Iechyd a Llesiant.

Mae'r uned hon yn cyflwyno dysgwyr i'r cydrannau a'r testunau allweddol sy'n sail i iechyd a llesiant, gan gynnwys ymchwilio i'r cyswllt rhwng mwy o weithgaredd corfforol a gwella iechyd corfforol, iechyd meddwl ac iechyd cymdeithasol. Bydd dysgwyr yn datblygu eu dealltwriaeth o sut gall ffyrdd eisteddog o fyw achosi cyflyrau iechyd corfforol, problemau iechyd meddwl a materion cymdeithasol.

Uned 7 (30%) – Gwaith Cwrs: Perfformiad mewn Chwaraeon neu weithgaredd corfforol.

Mae'r uned hon yn cyflwyno dysgwyr i'r sgiliau, technegau, tactegau a'r strategaethau angenrheidiol i gyfranogi mewn chwaraeon neu weithgaredd corfforol dethol.

Blwyddyn 13 (50%)

Uned 2 (20%) – Gwella Perfformiad Mewn Chwaraeon.

Mae'r uned hon yn cyflwyno dysgwyr i'r gwahanol ffactorau i'w hystyried wrth wella perfformiad mewn chwaraeon. Nod yr uned hon yw meithrin gwybodaeth, dealltwriaeth a sgiliau dysgwyr i ddadansoddi perfformiad mewn chwaraeon; adolygu cryfderau a gwendidau a datblygu strategaethau ar gyfer gwella.

Uned 3 (30%) – Paratoi ar gyfer chwaraeon a gweithgaredd corfforol.

Mae'r uned hon yn cyflwyno dysgwyr i gydrannau allweddol iechyd a ffitrwydd sy'n sail i berfformiad mewn chwaraeon a gweithgaredd corfforol. Mae'n archwilio'r cyswllt rhwng cydrannau ffitrwydd a ffyrdd o sefydlu, cynnal a gwella perfformiad mewn chwaraeon.

Dulliau Asesu

Uned 1: Allanol drwy arholiad ar bapur (20%)

Uned 2: Asesiad 5 awr dan reolaeth (20%)

Uned 3 a 7: Asesiad 10 awr dan reolaeth (60%)

Mae'n hanfodol i ddysgwyr sy'n astudio'r cwrs hon fod yn gymerud rhan mewn chwaraeon yn rheolaidd, naill ai mewn tîm neu yn unigol er mwyn casglu tystiolaeth.

Level 3 Extended Certificate in Sports. *Equivalent to an A Level.*

The WJEC Level 3 Extended Certificate in Sports is an exciting new qualification that will provide learners with the knowledge, understanding and basic skills related to the sports sector.

Year 12 (50%)

Unit 1 (20%) – Health and Wellbeing

This unit introduces learners to the key components and topics that underpin health and wellbeing, by investigating the link between increased physical activity and improving physical, mental and social health. Learners will develop their understanding of how a sedentary lifestyle can cause physical health conditions, mental health problems and social issues.

Unit 7 (30%) – Performance in Sport or Physical Activity.

This unit introduces learners to the skills, techniques, tactics and strategies needed to participate in selected sports or physical activity.

Year 13 (50%)

Unit 2 (20%) – Improving sporting performance.

The performer needs to understand the impact of the physiological, psychological and technical factors on performance. They are also able to measure the impact that these factors have on performance. They should then develop successful strategies with the purpose of improving identified areas of performance.

Unit 3 (30%) – Preparation for sport and physical activity.

This unit introduces learners to the key components in health and fitness that underpin sporting performance and physical activity. It explores the link between the components of fitness and ways to establish, maintain and improve sporting performance.

Assessment Methods

Unit 1: External through an exam paper (20%)

Unit 2: 5 hour-controlled assessment (20%)

Unit 3 and 7: 10 hour-controlled assessment (60%).

It is essential that all learners who are studying this course are participating in sport regularly, either in a team or as an individual in order to collect evidence.