PEMBROKE
A PRIORY ACADEMY

OCR Cambridge National Certificate in Sport Science

Why should I study Sports Science?

Elite sport has embraced sport science disciplines wholeheartedly in the past few decades, moving from a perspective which assumed the primacy of natural talent in producing outstanding performance, to one which considers every minute detail of an athlete's training programme, rest time, environment and psychology in the pursuit of excellence. This is a vocationally-related GCSE equivalent qualification for students aged 14-16 which takes an inspiring approach to learning and assessment. The course will offer students the opportunity to study key areas of sport science including anatomy and physiology linked to fitness, health, injury and performance; the science of training and application of training principles, sport psychology and sports performance.

What will I study?

This course comprises of four different units, two of which are mandatory and two are chosen from a range of options:

Mandatory units:

- Unit R041: Reducing the risk of sports injuries – 1 hour written paper - 60 marks
- Unit R042: Applying principles of training

2 additional units from the following topics:

- Unit R043: The body's response to physical activity
- Unit R044: Sport psychology
- Unit R045: Sports nutrition
- Unit R046: Technology in sport

The mandatory units of 'Reducing the Risk of Sports Injuries' and 'Applying Principles of Training' underpin the qualification and reflect the knowledge and skills required for a wide range of careers in the field of sport. The 'Reducing the Risk of Sports Injuries' unit is assessed through a 1 hour written examination and contributes to 25% of the marks for the qualification.

Each optional unit is assessed through a practical task-based assessment with OCR-set tasks to support students in producing assessment evidence. These tasks will cover different disciplines surrounding the field of sport, allowing students to follow a course that will motivate them and appeal to a range of learning styles.

How will I be assessed?

Unit R041: Reducing the risk of sports injuries – 1 hour examination (25% of the qualification)

Unit R042: Applying principles of training – centre assessed task (25% of the qualification)

An additional two units (worth 25% each) will be chosen from the additional optional units upon course confirmation.

Which skills will I develop and use?

The OCR Level 1/2 Cambridge National in Sport Science will provide students with opportunities to develop a wide range of highly desirable, transferable skills such as communication, problem solving, team working and performing under pressure.

How will I be able to use this subject in my future career?

This course is a fantastic stepping stone for anyone seeking further study in A Level PE or apprenticeship. Learners will achieve a qualification that is relevant to the current needs of the sports industry, involving jobs such as sports coaching, sport development, sports scientist, PE teacher, sports administrator, leisure management, sports psychologist, PT/fitness instructor and physiotherapist.