

# OCR Cambridge National Certificate in Sport Science

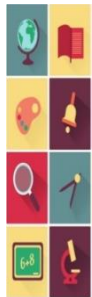


## Why should I study Sport Science?



Elite sport has embraced sport science disciplines wholeheartedly in the past few decades, moving from a perspective which assumed natural talent produces outstanding performance, to one which considers every minute detail of an athlete's training programme, nutrition, 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 and safety in sport, injury and performance; the science of training and application of training principles, sport nutrition and sports performance.

## What will I study?



This course comprises of three different units, two of which are mandatory and one is chosen from two options:

### Mandatory units:

- Unit R180: Reducing the risk of sports injuries and dealing with common medical conditions.
- Unit R181: Applying principles of training: fitness and how it affects skill performance

### 1 additional units from the following topics:

- Unit R182: The body's response to physical activity and how technology informs this
- Unit R183: Nutrition and sports performance

The mandatory units '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. One additional unit will be selected to complete the full three units of the course.

## How will I be assessed?

The 'Reducing the Risk of Sports Injuries' unit is assessed through a 1 hour 15 minute written examination and contributes to 40% of the marks for the qualification.

The other two units are non-exam units, and are assessed through written task assessments with OCR-set tasks to support students in producing coursework assessment evidence, combining to make up 60% of the overall qualification.

**It is important for students to understand that this course embraces the science behind sport performance. As such, this is not additional practical PE lessons, and students will not be assessed for their practical performance, but they will be assessed on theory and their written coursework and examinations.**

## 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, data analysis and organisation skills in order to meet strict deadlines.

## 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 sport and health sector more widely, involving jobs such as sports coaching, sport development, sports scientist, PE teacher, sports administrator, leisure management, sports psychologist, PT/fitness instructor, and physiotherapist.