

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. 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.

Please note, this is classroom based, and not additional practical PE.

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.

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 40% of the marks for the qualification.

The other 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, students will not be assessed for their practical performance, but they will be assessed on their written coursework and examinations. Students must be aware that places on this course are limited.

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.