

## Curriculum Progression Pathway - Sport

### OCR Level 1/2 Cambridge National in Sports Science



#### Who is this qualification for?

The OCR Level 1/Level 2 Cambridge National in Sport Science is aimed at students aged 14-16 years and will develop knowledge, understanding and practical skills that can be used in the Exercise, Physical Activity, Sport and Health sector.

You may be interested in this if you want an engaging qualification where you will use your learning in practical, real-life situations, such as:

- Understanding how to prevent and treat sporting injuries
- Understanding how different medical conditions can affect sports performance
- Applying the principles of training to fitness and skills development for sporting activities
- Understanding how to apply knowledge of good nutrition to improve sporting performance
- Understanding how the body systems change and develop in response to physical training
- Understanding how technology can assist in measuring the changes in your body during physical training. This will help you to develop independence and confidence in using skills that would be relevant to the Exercise, Physical Activity, Sport and Health sector.

The qualification will also help you to develop learning and skills that can be used in other life and work situations, such as:

- Completing research
- Working with others
- Planning training programmes
- Evaluating and making recommendations to help improve performance
- Creating and delivering presentations
- Writing reports
- Leadership skills
- Healthy living and lifestyle skills.

This qualification will complement other learning that you're completing for GCSEs or vocational qualifications at Key Stage 4 and help to prepare you for further study, Apprenticeships or employment. More information about this is given below

#### What knowledge and skills will you develop as part of this qualification and how might these be of use and value in further studies?

You will be able to work with independence to create material which reflects effective planning, development and evaluation, and an ability to demonstrate practical skills and qualities. You will apply knowledge, understanding and skills, identifying, selecting and using a range of Sport Science approaches commonly used in the workplace and in higher education. You will be able to produce work that is complete and coherent, demonstrating independence and understanding. You will be able to:

- Recall, select and apply knowledge and understanding, using practical sporting examples
- Demonstrate knowledge and understanding of physical and psychological factors that affect performance and participation in sporting activities
- Identify, plan and carry out a range of activities and exercises to prepare for, and recover from, sporting activities

- Demonstrate awareness of how to meet specific needs when developing and delivering different sporting activity programmes
- Use some technical language and scientific terminology correctly
- Demonstrate evaluative skills. These skills will help you progress onto further study in the Exercise, Physical Activity, Sport and Health sector.

This may be Level 3 vocational qualifications, such as the Cambridge Technical in Sport Physical Activity, AS and A-Levels, such as Biology, Physical Education, Psychology, Science, Sport or an apprenticeship in roles such as Community activator coach, Leisure team members, Personal trainer or an Outdoor activity instructor.

### **Qualification structure**

For this qualification, students must achieve three units: one externally assessed and two Non Examined (coursework) Assessment (NEA) units.

### **What will you study as part of the qualification?**

You will study the key aspects of Sport Science. It will equip you with sound specialist knowledge and you will have the opportunity to apply what you learn through a number of practical experiences. This will involve you studying two mandatory units and one optional unit from a choice of two.

The two mandatory units are:

**RI80:** Reducing the risk of sports injuries and dealing with common medical conditions

This is assessed by an exam.

By completing this unit you will prepare as a participant to take part in physical activity in a way which minimises the risk of injuries occurring.

It will also prepare you to know how to react to common injuries that can occur during sport and physical activity, and how to recognise the symptoms of some common medical conditions.

Topics include:

- Different factors which influence the risk and severity of injury
- Warm up and cool down routines
- Different types and causes of sports injuries
- Reducing risk, treatment and rehabilitation of sports injuries and medical conditions
- Causes, symptoms and treatment of medical conditions

**RI81:** Applying the principles of training: fitness and how it affects skill performance

This is assessed by a set assignment.

By completing this unit, you will conduct a range of fitness tests, understand what they test and their advantages and disadvantages. You will also learn how to design, plan and evaluate a fitness training programme. You will then interpret the data collected from these fitness tests and learn how best to feed this back.

Topics include:

- Components of fitness applied in sport
- Principles of training in sport
- Organising and planning a fitness training programme
- Evaluate own performance in planning and delivery of a fitness training programme.

## R183: Sports Nutrition

This is assessed by a live set assignment.

By completing this unit you learn about different diets for different activities, the importance of a balanced diet and the main 7 nutrients, and how nutritional behaviours can impact sports performance.

Topics include:

- Nutrients needed for a healthy, balanced nutrition plan
- Applying different dietary requirements to varying types of sporting activity
- Developing a balanced nutrition plan for a selected sporting activity
- How nutritional behaviours can be managed to improve sports performance

Key to units for this qualification:

M = Mandatory Students must achieve this unit

O = Optional Students must achieve one of these units

E = External assessment – The exam board set and mark the exam

N = NEA The School assess this and the exam board moderate it

<b>Unit Number</b>	<b>Unit Title</b>	<b>Guided learning hours (GLH)</b>	<b>How is the unit assessed?</b>	<b>Mandatory or Optional</b>
R180	Reducing the risk of sport injuries and dealing with common medical conditions	48	E	M
R181	Applying the principles of training: fitness and how it affects skill performance	48	N	M
R183	Nutrition and sports performance	24	N	O