OPEN ELEMENT SUBJECT OVERVIEW



OCR Level I/2 Cambridge National in Sport Science

Why is the study of Sports Science important?

Elite sport has evolved hugely in the past few decades and has embraced sport science disciplines wholeheartedly. Sports Science considers every minute detail of an athlete's training programme, rest time, environment and psychology in the pursuit of excellence. The OCR Cambridge National award in Sport Science offers 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 in sport and sports performance. Sport is a high-profile and expanding industry and there is a growing need for qualified professionals and capable volunteers. It is also widely recognised that regular participation in sport and physical activity is beneficial both to individuals and to society as a whole. This course provides a perfect foundation for students who wish to move into this form of employment post education and will motivate students to carry on participating in physical activity long after they leave.

What skills will the study of Sports Science teach you?

The Cambridge National in Sport Science offers students the solid foundation required for further study or progression into industry. Students will develop a wide range of highly desirable and transferable skills such as:

- Communication
- Problem solving
- Team work
- Independent study
- Performing under pressure

What will you know and understand from your study of Sports Science?

Students will study two mandatory units (M) and then individual centres will pick one further option which will be Nutrition and Sports Performance.

Reducing the risk of sports injuries and dealing with common medical conditions (M):

Taking part in sport and physical activity puts the body under stress. Students will learn how to reduce the risk of injury when taking part in sport through activities such as warm-ups, and knowing how to respond to injuries and medical conditions in a sport setting are all vital skills within the sport and leisure industry

Applying the principles of training (M):

The role of a coach is to keep their performers in peak condition by monitoring individuals' fitness and designing bespoke training programmes. Students will learn the principles of training and how different methods target different



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components of fitness. They will also learn how to conduct fitness tests, interpret the results and design and evaluate fitness programmes.

Nutrition and Sports performance (O):

Correct nutrition is a vital part of a sports person's preparation; incorrect nutrition can lead to deterioration in performance and overall health. Students will learn about different nutrients and their importance to different activity types. They will also learn about the effects of a poor diet on performance and health and will develop and evaluate diet plans for performers.

How can you deepen your understanding of Sports Science?

The teaching team at Level 2 is very strong and your teachers are experts in their field. You will receive high quality lessons and weekly after school enrichments are regularly offered to catch up, improve or extend knowledge. Useful websites and further reading include:

- OCR Past papers
- Sports Science Revision Guide and Workbook
- Use of www.theeverlearner.com
- Follow the department Twitter Account

How are you assessed in Sports Science?

There are 6 assessment points each year that we term Praising Stars©. Throughout the two year course you will complete a variety of coursework based tasks in controlled assessment conditions which are then assessed internally by your teachers. These are then externally assessed by a moderator.

The Sports Injuries unit is a timetabled exam. The question paper consists of short-answer questions, extended-response questions and some use of multiple-choice questions. The other units are centre-assessed coursework units and OCR moderated tasks.

Key Assessment Objectives

Two mandatory units:

Unit R181: Applying the principles of training (80 marks)

Unit R180 (exam): Reducing the risk of sports injuries and dealing with common medical conditions (80 marks)

Optional unit

Unit R183: Nutrition and Sports performance (40 marks)

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Study of Sports Science can lead to a wide range of careers:

Study of Sports Science can lead to a wide range of careers:

- Exercise physiologist
- Fitness centre manager
- Personal trainer
- Secondary school teacher
- Sports administrator
- Sports coach
- Sports development officer
- Sports therapist

| Sports Science Course Overview | | |
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| Term | Year I | Year 2 |
| Autumn I | Applying the principles of training | Nutrition and Sports performance |
| Autumn 2 | Applying the principles of training | Reducing the risk of sports injuries and dealing with common medical conditions |
| Spring I | Applying the principles of training | Reducing the risk of sports injuries and dealing with common medical conditions |
| Spring 2 | Applying the principles of training | Reducing the risk of sports injuries and dealing with common medical conditions |
| Summer I | Nutrition and Sports performance | Reducing the risk of sports injuries and dealing with common medical conditions |
| Summer 2 | Nutrition and Sports performance | Reducing the risk of sports injuries and dealing with common medical conditions |

