



OCR Level 1/2 Cambridge National in Sports Studies

Why is the study of Sports Studies 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 Studies offers students the opportunity to study key areas of Sport, including contemporary issues in sport such as values and ethics in sport, The Olympic Games and technology used in sport. Other units will give learners experience of leading and officiating sports sessions and experiencing Outdoor and Adventurous activities. 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 Studies teach you?

The Cambridge National in Sport Studies 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 Studies?

Students will study two mandatory units (M) and then individual centres will pick one further option which will be Increasing Awareness of Outdoor and Adventurous Activities

Contemporary Issues in Sport (M)

Here learners will be taught about ethics and core values in sport such as fair play and etiquette. They will also learn about the history of sport and the development of the Olympic and Paralympic games and evaluating the positives and negatives of hosting global events.

Performance and leadership in sports activities (M)

Students will show practical skills of planning, leading and evaluating their leadership of sports activities to their peers. They are also expected to perform practically and show a variety of skills and tactics and how to implement these into games. A review of their strengths and weaknesses will form a large part of their assessment.



OPEN ELEMENT SUBJECT OVERVIEW

Increasing awareness of Outdoor and Adventurous Activities (O)

A large part of this module is planning and taking part in Outdoor and Adventurous activities off site where they are specifically assessed on their decision making, communication and problem solving skills.

How can you deepen your understanding of Sports Studies?

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 Studies Revision Guide and Workbook
- Use of www.theeverlearner.com
- Follow the department Twitter Account

How are you assessed in Sports Studies?

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 Contemporary Issues in Sport 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:

R184 Contemporary Issues in Sport - This is an externally assessed written examination in year 11

R185 Performance and leadership in sports activities

Optional unit to complete:

R187 Increasing awareness of Outdoor and Adventurous Activities





Study of Sports Studies 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 Studies Course Overview

Term	Year 1	Year 2
Autumn 1	Performance and leadership in sports activities	Increasing awareness of Outdoor and Adventurous Activities
Autumn 2	Performance and leadership in sports activities	Increasing awareness of Outdoor and Adventurous Activities
Spring 1	Performance and leadership in sports activities	Contemporary Issues in Sport
Spring 2	Performance and leadership in sports activities	Contemporary Issues in Sport
Summer 1	Increasing awareness of Outdoor and Adventurous Activities	Contemporary Issues in Sport
Summer 2	Increasing awareness of Outdoor and Adventurous Activities	Contemporary Issues in Sport