

## OCR Level 1/2 Cambridge National Certificate in Sport Studies

### OCR Level 1/2 Cambridge National Certificate in Sport Studies Curriculum

#### Why is the study of Sport Studies important?

Sport is a key theme in most areas of both education and health policy. The need for people to lead healthy and active rather than sedentary lifestyles is increasingly prominent in respect of government initiatives, and this is reflected in the school curriculum, where physical education and sport remains core; these qualifications seek to build upon this provision at key stages 3 and 4.

#### What skills will the study of Sport Studies teach you?

The course will allow you to learn about the following key skills:

- develop a range of skills through involvement in sport and physical activity in different contexts and roles
- develop their ability to apply theoretical knowledge to practical situations
- gain a better understanding of the complexity of different areas of sport and the sports industry
- increase their awareness of different ways to stay involved in sport and physical activity and of different careers and roles within sport.

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

The Cambridge Nationals in Sport Studies take a more sector-based focus, whilst also encompassing some core sport/physical education themes. You will have the opportunity to apply theoretical knowledge about different types of sport and physical activity, skills development and sports leadership to your own practical performance. You will learn about contemporary issues in sport such as funding, participation, ethics and role models, and sport and the media. You will develop an appreciation of the importance of sport locally and nationally, different ways of being involved in sport and of how this shapes the sports industry.

#### How can you deepen your understanding of Sports Studies?

The opportunity to access a range of enrichment opportunities both at the academy and during your free time through both practical and theoretical sessions. External speakers will visit the academy to further enhance your knowledge and understanding of the key concepts you will learn.

### **How are you assessed in Sports Studies?**

There are 6 assessment points each year that we term Praising Stars©. We assess how students at their current stage of study are on track to reach their end of stage targets which are formulated on aspirational expectation from their KS2 starting points. We make an informed prediction from our holistic assessments based on our subject mapping of expectation across the Sports Studies curriculum. The Sports Studies course is assessed through two internal units (Coursework) and one unit externally (Examination), at the end of the course.

### **Key Assessment Objectives**

<b>Mandatory</b>	<b>Optional</b>
<b>RI84: Contemporary issues in sport</b>	<b>RI86 Sport and the media.</b>
<b>RI85 Performance and Leadership in sporting activities</b>	<b>RI87 Increasing awareness of Outdoor Adventurous Activities.</b>

### **Study of Sports Studies can lead to a wide range of careers:**

The sport sector offers a wide variety of careers, such as coach, PE teacher, nutritionist, psychologist, fitness instructor and personal trainer, as well as becoming a professional sports person.

### Sports Studies Course Overview

<b>Term</b>	<b>Year 1</b>	<b>Year 2</b>
Autumn 1	R185 - Performance and leadership in sporting activities Topic area 3 Lesson Plan	R186 -Sport and the Media Topic area 1 The different sources of media which cover sport.
Autumn 2	R185 - Performance and leadership in sporting activities Topic area 2 Strengths and weaknesses of sports performance	R186 -Sport and the Media Topic area 2 Positive effects of media in sport. Topic area 3 Negative effects of media in sport.
Spring 1	R185 - Performance and leadership in sporting activities Topic area 4 Delivering the lesson plan	R184- Contemporary issues in sport Topic area 1 Issues which affect participation in sport.
Spring 2	R185 - Performance and leadership in sporting activities Topic area 4 Delivering the lesson plan	R184- Contemporary issues in sport Topic area 2 The role of sport in promoting values. Topic area 3 The implications of hosting a major sporting event for a city or country.
Summer 1	R185 - Performance and leadership in sporting Activities Topic area 5 Reviewing the lesson	R184- Contemporary issues in sport Topic area 4 The role of National Governing Bodies (NGB's) play in the development of their sport..
Summer 2	R185 - Performance and leadership in sporting Activities Topic area 1 Practical performance	