



SUBJECT & QUALIFICATION: OCR Level 1/Level 2 Cambridge National in Sport Studies

Why is the study of Sports Studies important?

Sport Studies will encourage students to:

- Understand and apply the fundamental principles and concepts of Sport Studies.
- Develop learning and practical skills that can be applied to real-life contexts and work situations.
- Think creatively, innovatively, analytically, logically and critically.
- Develop independence and confidence in using skills that are relevant to the Exercise, Physical Activity, Sport and Health sector and more widely.
- Understand topical and contemporary issues in sport, including; why people do and do not participate in sport, the promotion of ethics and values, the roles of National Governing Bodies and high profile events in sport, as well as how technology is used within sport.

What skills will the study of Sports Studies teach you?

Students will develop the skills 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 as well as demonstrating your practical performance skills within two 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 physical activity programmes
- Use technical language and terminology correctly
- Demonstrate evaluative skills

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

Sports studies will allow students to understand:

- How to develop skills as a performer in two different sporting activities and learn how to lead sporting



OPEN ELEMENT SUBJECT OVERVIEW

activity sessions.

- How to create a plan, write and evaluate an activity session, to further develop leadership skills .
- How to analyse their own performance to help improve themselves and their skills in sport.
- How to explore the relationship that media has with sport and understand how linked they are.
- How to develop the skills of team working, research and planning and understand that sports performance goes far beyond just the simple physical activity of sport.

How can you deepen your understanding of Sports Studies?

- Regularly watching and reading about sport (TV, podcasts, websites, newspapers etc.)
- Regularly participating in sport inside and outside of school.

How are you assessed in Sports Studies?

Unit R184 - Contemporary issues in sport

Exam - Year 11

Unit R185 - Performance and leadership in sports activities (Year 10 & 11)

Assessment in 2 Practical sporting activities (individual or team)

Assessment in 3 pieces of coursework (Applying practice methods to support improvement in a sporting activity, Organising and planning a sports activity session, Reviewing your own performance in planning and leading a sports activity session)

Assessment in Leading a sports activity session

Unit R187 - Increasing awareness of outdoor and adventurous activities.

Assessment in 3 pieces of coursework (Provision for different types of outdoor and adventurous activities in the UK, Equipment, clothing and safety aspects of participating in outdoor and adventurous activities.

Students also have to plan and participate in an outdoor and adventurous activity.



Key Assessment Objectives

The 4 key learning objectives for Sports Studies are:

LO1 Recall knowledge and show understanding of Sport Studies concepts

LO2 Apply knowledge and understanding of Sport Studies concepts

LO3 Analyse and evaluate knowledge, understanding and performance

LO4 Demonstrate and apply sporting skills and processes relevant to Sport Studies

Coursework requirements

Unit R185 - Performance and leadership in sports activities (Year 10 & 11)

Assessment in 3 pieces of coursework:

- Applying practice methods to support improvement in a sporting activity.
- Organising and planning a sports activity session.
- Reviewing your own performance in planning and leading a sports activity session.

Unit R187- Increasing Awareness of Outdoor and Adventurous Activities (Year 10 & 11)

Assessment in three pieces of coursework

- Provision for different types of outdoor and adventurous activities in the UK.
- Equipment, clothing and safety aspects of participating in outdoor and adventurous activities.
- PLanning and evaluating an Outdoor and Adventurous activity.



How can Sports Studies support your future?

We offer the study of Sports/Physical Education at Key Stage 3 and Key Stage 4 and we encourage your continued study in this fantastic subject. We know that choice and personal interest are important aspects of worthy study. There are a variety of courses at a range of universities where you can continue your study in this area. For example, some popular courses include Sports Science, Physical Education and Sports Development and Coaching, as a single honours or a joint honours subject studied alongside other disciplines.

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

Some careers that the study of Physical Education or Sport supports include:

- **Teaching**
- **Sports Scientist**
- **Physiotherapist**
- **Sports Coach**
- **Sports Development Officer**
- **Fitness Instructor and Personal Trainer**
- **Sports Psychologist**
- **Sports Analyst**
- **Sports Journalist**
- **Sports Masseur**

INSERT SUBJECT NAME Course Overview

Term	Year 1	Year 2
Autumn 1	Unit R185 - Performance and leadership in sports activities	Unit R187- Increasing Awareness of Outdoor and Adventurous Activities
Autumn 2	Unit R185 - Performance and leadership in sports activities	Unit R187- Increasing Awareness of Outdoor and Adventurous Activities



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Spring 1	Unit R185 - Performance and leadership in sports activities	Unit R184 - Contemporary issues in sport
Spring 2	Unit R185 - Performance and leadership in sports activities	Unit R184 - Contemporary issues in sport
Summer 1	Unit R185 - Performance and leadership in sports activities	Unit R184 - Contemporary issues in sport
Summer 2	Unit R187- Increasing Awareness of Outdoor and Adventurous Activities	Unit R184 - Contemporary issues in sport