



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

Why is the study of Sports 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 Sports 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 40% Examination and 60% coursework.

Key Assessment Objectives

Mandatory:

R184: Contemporary issues in sport

R185: Performance and leadership in sports activities

Optional:

R186: Sport and the media

R187: Increasing awareness of Outdoor and Adventurous Activities

PO1: Recall knowledge and show understanding of Sport Studies concepts

PO2: Apply knowledge and understanding of Sport Studies concepts

PO3: Analyse and evaluate knowledge, understanding and performance

PO4: Demonstrate and apply sporting skills and processes relevant to Sport Studies

Coursework requirements

R185: Performance and leadership in sports activities. In this unit you will have an opportunity to develop your skills both as a performer in two different sporting activities, and as a leader, developing a range of transferable skills. You will work both independently and as part of a team, including communicating with team mates as well as being in front of an audience when you perform. You will perform under pressure, both as a participant and as a leader, and will use your initiative to solve problems and make decisions. Finally, you will deal with rapidly changing conditions and situations.

R187: Increasing awareness of Outdoor and Adventurous Activities: In this unit you will understand how to find out information about what opportunities there are in your local area as well as nationally in the UK for all different types of outdoor/adventurous activities. You will learn how to enjoy the activities safely by finding out what equipment, clothing, facilities and technology you need, as well as completing planning to help keep you safe. Topics include:

- o Provision for different types of outdoor and adventurous activities in the UK
- o Equipment, clothing and safety aspects of participating in outdoor and adventurous activities
- o Plan for and be able to participate in an outdoor and adventurous activity
- o Evaluate participation in an outdoor and adventurous activity.



How can Sports Studies support your future?

You will develop knowledge, understanding and skills that you can apply to a range of approaches that are relevant to the workplace or higher education. You will be able to work with independence to create material which shows effective planning, development and evaluation, and an ability to demonstrate practical skills and qualities. You 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.

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. These skills will help you progress onto further study in the Exercise, Physical Activity, Sport and Health sector.

Sports Studies Course Overview

Term	Year 1	Year 2
Autumn 1	R185: Performance and leadership in sports activities	R187: Sports and the media
Autumn 2	R185: Performance and leadership in sports activities	R187: Sports and the media R184: Contemporary issues in sport
Spring 1	R185: Performance and leadership in sports activities	R184: Contemporary issues in sport
Spring 2	R185: Performance and leadership in sports activities	R184: Contemporary issues in sport
Summer 1	R185: Performance and leadership in sports activities	R184: Contemporary issues in sport
Summer 2	R187: Sports and the media	Exam May: R184: Contemporary issues in sport