



SUBJECT & QUALIFICATION:

OCR Level 1/2 Cambridge National in Sports Studies

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:

- 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.
- 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 have in sport, as well as how technology is used within sport
- Develop skills as a performer in two different sporting activities and learn how to lead sporting activity sessions
- Create a plan, write and evaluate an activity session, to further develop leadership skills
- Analyse their own performance to help improve themselves and their skills in sport
- Explore the relationship that media has with sport and understand how linked they are. The relationship to real world examples and the different ways in which sport and the media represent each other will be applied.

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

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



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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.

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. All resources and further study opportunities will also be available on google classroom to work on at home independently.

External speakers may 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 at 40% Examination and 60% coursework.

Key Assessment Objectives

The 4 key performance objectives for OCR Level 1/Level 2 Cambridge National in Sport Studies are:

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

Students must complete three units:

• **RI84 Contemporary Issues in Sport - externally assessed unit (exam) worth 40%.**

This is assessed by an exam. By completing this unit you will understand a range of topical and contemporary issues in sport, including learning about participation levels and barriers to completing sporting activities. You will also learn how participation is impacted by the promotion of values and ethical behaviour, about the role of high-profile sporting events, the role of national governing bodies and how technology is used within sport.

Topics include:

- o Issues which affect participation in sport
- o The role of sport in promoting values
- o The implications of hosting a major sporting event for a city or country
- o The role National Governing Bodies (NGBs) play in the development of their sport
- o The use of technology in sport.

• **RI85 Performance and Leadership in Sports Activities - centre-assessed unit NEA worth 40%**

This is assessed by a set assignment. 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.

Topics include:

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

• **RI86 Sport and the Media - optional centre-assessed unit (NEA) worth 20%**

This is assessed by a set assignment. In this unit you will understand the different sides of a range of media sources and apply real life examples to show the nature of the relationship between media and sport. You will also learn how rapid development in technology is enabling sport to be viewed, replayed and discussed whenever and wherever the spectator wants. You will then develop your ability to evaluate and interpret the different ways in which sport is represented by the media.



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Topics include:

- o The different sources of media that cover sport
- o Positive effects of the media in sport
- o Negative effects of the media in sport.

How can Sports Studies support your future?

These skills will help you progress onto further study in the Exercise, Physical Activity and/or Sport and Health sector. This may be Level 3 vocational qualifications, such as the Cambridge Technical in Sport and Physical Activity, AS or A-Levels, such as Physical Education, Psychology, Sociology, Sport or Media or an apprenticeship in Community activator coach, Leisure team members, Personal trainer or Outdoor activity instructor

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 sportsperson.

SPORTS STUDIES Course Overview

Term	Year 1	Year 2	
Autumn 1	R185: Performance and leadership in sports activities <ul style="list-style-type: none"> - Key components of performance - Applying practice methods to support improvement in a sporting activity - 	R186 Sport and the Media <ul style="list-style-type: none"> - The different sources of media that cover sport - Positive effects of the media in sport 	R184 Contemporary Issues in Sport <ul style="list-style-type: none"> - Issues which affect participation in sport - The role of sport in promoting values
Autumn 2	R185: Performance and leadership in sports activities <ul style="list-style-type: none"> - Key components of performance - Applying practice methods to support improvement in a sporting activity 	R186 Sport and the Media <ul style="list-style-type: none"> - Positive effects of the media in sport 	R184 Contemporary Issues in Sport <ul style="list-style-type: none"> - Issues which affect participation in sport - The role of sport in promoting values



OPEN ELEMENT SUBJECT OVERVIEW

	<ul style="list-style-type: none"> - Organising and planning a sports activity session 		
Spring 1	<p>R185: Performance and leadership in sports activities</p> <ul style="list-style-type: none"> - Key components of performance - Applying practice methods to support improvement in a sporting activity - Organising and planning a sports activity session 	<p>R186 Sport and the Media</p> <ul style="list-style-type: none"> - Negative effects of the media in sport. 	<p>R184 Contemporary Issues in Sport</p> <ul style="list-style-type: none"> - The role of sport in promoting values - The implications of hosting a major sporting event for a city or country
Spring 2	<p>R185: Performance and leadership in sports activities</p> <ul style="list-style-type: none"> - Key components of performance - Applying practice methods to support improvement in a sporting activity - Leading a sports activity session - Reviewing your own performance in planning and leading a sports activity session. 	<p>R184 Contemporary Issues in Sport</p> <ul style="list-style-type: none"> - The implications of hosting a major sporting event for a city or country - The role National Governing Bodies (NGBs) play in the development of their sport. 	
Summer 1	<p>R185: Performance and leadership in sports activities</p> <ul style="list-style-type: none"> - Leading a sports activity session - Reviewing your own performance in planning and leading a sports activity session. 	<p>R184 Contemporary Issues in Sport</p> <ul style="list-style-type: none"> - The use of technology in sport. - Revision of all topics areas - Terminal Exam worth 40% of final grade. 	
Summer 2	<p>R185: Performance and leadership in sports activities</p> <ul style="list-style-type: none"> - Key components of performance 		



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	<ul style="list-style-type: none">- Leading a sports activity session- Reviewing your own performance in planning	
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