



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 Sport 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 Sport 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 Sport 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 60% Examination and 40% coursework.

Key Assessment Objectives

Mandatory:

R051: Contemporary issues in sport

R052: Developing sports skills

Optional:

R053: Sports leadership

R054: Sport and the media

R055: Working in the sports industry

R056: Developing knowledge and skills in outdoor activities

Study of Sport 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.

OCR Level 1/2 Cambridge National Certificate in Sport Studies Course Overview

Term	Year 1	Year 2
Autumn 1	Participation levels and barriers	Learn about some of the knowledge, understanding and practical skills required to be an effective sport leader.
Autumn 2	Promoting values and ethical behaviour	Planning and delivering safe and effective sporting activity sessions
Spring 1	How sport contributes to society as a whole	Know about different types of outdoor activities and their provision
Spring 2	Try out a range of sports-related skills and techniques, including different practice methods for improving both their own performance and that of others	Understand the value of participating in outdoor activities
Summer 1	Knowledge of the use of tactics and strategies in both individual and team sporting activities	Be able to plan an outdoor activity
Summer 2	Understanding of the rules, enabling them to carry out a number of officiating roles within the activities.	Completion of any outstanding coursework

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