



SUBJECT & QUALIFICATION: OCR Level 1/2 Cambridge National Certificate 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?



OPEN ELEMENT SUBJECT OVERVIEW

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 - 40% of the course

In this unit students will learn about a range of topical issues in sport, from barriers faced to completing sporting activities, to the promotion of values and ethical behaviour, and the roles of high-profile sporting events, national governing bodies and technology in addressing them.

Topics include:

Topic Area 1: Issues which affect participation 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

Topic Area 4: The role National Governing Bodies (NGBs) play in the development of their sport

Topic Area 5: The use of technology in sport

Examination: 1 hour 15 minutes

Mandatory:

Unit R185: Performance and leadership in sports activities - 40% of the course

In this unit students will learn how to develop your skills as both a performer, in two different sporting activities, and as a leader in one activity, where they will need to plan, deliver and review safe and effective sporting activity sessions.

Topics include:

Topic Area 1: Key components of performance

Topic Area 2: Applying practice methods to support improvement in a sporting activity

Topic Area 3: Organising and planning a sports activity session

Topic Area 4: Leading a sports activity session

Topic Area 5: Reviewing your own performance in planning and leading of a sports activity session

Chosen optional unit:

Unit R186: Sport and the media - 20% of the course

In this unit students will learn to explore the effects of media sources and apply real life examples to demonstrate the nature of the relationship between media and sport. You will develop your ability to evaluate and interpret the different ways sport is represented by the media.

Topics include:

Topic Area 1: The different sources of media that cover sport

Topic Area 2: Positive effects of the media in sport



OPEN ELEMENT SUBJECT OVERVIEW

Topic Area 3: Negative effects of the media in sport

Coursework requirements

60% of the overall course is assessed via coursework, which comprises of a range of methods such as reports, essays, powerpoints and evaluations.

How can Sports Studies support your future?

OCR Sports Studies can be the stepping stone to further education such as Post 16, apprenticeships and sports coaching. The course provides you with an insight into the sporting industry where you will learn transferable skills that will access and progress onto further study.

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

**Sports coaching
Sports Media
Sports performance analyst
Sports Scientist
Events Management
PE Teacher
Sports Management
Leisure assistant**