



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.

How are you assessed in Sports Studies?

There are 6 assessment points for Y10 and 5 assessment points at Yr11. We make an informed prediction from our holistic assessments based on our subject mapping of expectation across the Sports Studies curriculum.



OPEN ELEMENT SUBJECT OVERVIEW

Key Assessment Objectives

Mandatory:

R184: Contemporary issues in Sport (Exam)

R185: Performance and Leadership in Sporting Activities

Optional:

R186: Sport and the Media

R187: Increasing Awareness of Outdoor and Adventurous Activities

By Studying this course students will:

- Develop learning and practical skills that can be applied to real-life contexts and work situations as well as the independence and confidence to do this well
- Understand topical and contemporary issues in sport, for example:
 1. Why people do and do not participate in sport
 2. The promotion of ethics and values
 3. The roles National Governing Bodies and high profile events have in sport
 4. How technology is used within sport, etc.
- Be empowered to think creatively, innovatively, analytically, logically and critically so work completed is not just repeated, the reasons behind it are understood
- Develop the skills to research, plan, write reports and programmes as well as evaluate both performance and their own skill as a leader
- Take all of the above building blocks forward to their next level of study or into the workplace.

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.



OPEN ELEMENT SUBJECT OVERVIEW

Sports Studies Course Overview

| Term | Year 1 | Year 2 |
|----------|--|--|
| Autumn 1 | R185 - Topic 3 - Organising and planning a sporting activity R185 - Topic 1 - Key components of performance | R186 - Topic Area 2 - Positive effects of the media in sport R184 - Contemporary Issues in Sport - Exam Content |
| Autumn 2 | R185 - Topic 4 and 5 - Leading and evaluating sports activity R185 - Topic 1 - Key components of performance | R186 - Topic Area 2 - Positive effects of the media in sport R184 - Contemporary Issues in Sport - Exam Content |
| Spring 1 | R185 - Topic 2 - Applying practice methods to support improvement in a sporting activity R185 - Topic 1 - Key components of performance | R186 - Topic Area 3 - Negative effects of the media in sport R184 - Contemporary Issues in Sport - Exam Content |
| Spring 2 | R185 - Topic 2 - Applying practice methods to support improvement in a sporting activity | R186 - Topic Area 3 - Negative effects of the media in sport R184 - Contemporary Issues in Sport - Exam Content |
| Summer 1 | R186 - Topic 1 - The different sources of media which cover sport | R184 Contemporary Issues in Sport - Exam Content Exam |
| Summer 2 | R186 - Topic 1 - The different sources of media which cover sport | Course Completed |