

OCR Cambridge National

Sport Science

The Brunts Academy

What is Sport Science?

You may be interested in this if you want an engaging qualification where you will use your learning in practical, real-life situations, such as: Understanding how to prevent and treat sporting injuries, understanding how different medical conditions can affect sports performance, applying the principles of training to fitness and skills development for sporting activities, understanding how to apply knowledge of good nutrition to improve sporting performance and understanding how the body systems change and develop in response to physical training.

The qualification will also help you to develop learning and skills that can be used in other life and work situations, such as: Completing research, working with others, planning training programmes, evaluating and making recommendations to help improve performance, creating and delivering presentations, writing reports, leadership skills, healthy living and lifestyle skills.

Key Features of the Course:

This course is made up of two forms of assessment, internally marked coursework, worth 60% of the overall grade. The second assessment is an externally set and marked exam paper, worth 40% of the overall grade.

Units:

R180 Reducing the risk of sports injuries and dealing with common medical conditions.

R181 Applying the principles of training: fitness and how it affects skill performance.

R183 Nutrition and sports performance.

Students will be awarded pass, merit or distinction for both the exam and synoptic project. Their overall grade will also be awarded using this language.

What type of student is this suitable for?

This course is for students who have a genuine interest in health, fitness and the way the body works. If this sounds like you, but you perhaps don't enjoy competing in competitive sport, this is the course for you.

This vocational PE course is designed for learners who want an introduction to sport, health and fitness, including project-based coursework.

What could this course lead on to?

- Achievement of grades for employment/further study
- To provide a route to study in further education
- To provide career opportunities related to sport or PE.

Course Details: OCR Cambridge National

Website: [OCR Level 1/Level 2 Cambridge National in Sport Science specification](#)

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