

OCR National Sports Science

Subject: Sports Science

Exam Board: OCR

Head of Department: Mr Kenworthy

Assessment:

Pupils will study two mandatory units and two optional units throughout the duration of the course. Unit R041 is externally assessed in the form of a 1 hour exam in either January or June. All other units are coursework based units that are internally assessed.

Mandatory Units:

R041: Reducing the risk of sports injuries

Students learn how to prepare participants to take part in physical activity so that they minimise the risk of injuries. They also learn how to respond to common sporting injuries and how to recognise the symptoms of some common medical conditions.

R042: Applying principles of training

Students develop knowledge and understanding of the principles of training and how to keep performers in peak physical condition. They apply practical skills in fitness testing and in designing bespoke training programmes to suit individual requirements

Optional Units:

R043: The body's response to physical activity

R044: Sport psychology

R045: Sports nutrition

R046: Technology in sport

Grading:

Pupils aim to achieve a Level 2 qualification that is graded in the following way:

- Distinction*
- Distinction
- Merit
- Pass

These grades when achieved at level 2 equate to grades 9-4 at GCSE.

Key Dates

Exam Series January or June (pupils will be told in advance when they will sit the exam)

Useful Resources

Websites:

- www.ocr.org.uk/qualifications/cambridge-nationals/sport-science-level-1-2-j802-j812/specification-at-a-glance/
- www.skysportsnews.com
- www.bbcbitesize.co.uk
- www.youtube.com

How you can support your child

- Talk to your child about how they are progressing with their assignments throughout the course of the year.
- Encourage them to take an interest in sporting events and news
- Support them in their revision for the externally assessed unit