

OCR National Sports Science

Subject: Sports Science	Exam Board: OCR	Head of Department: Mr Kenworthy
Assessment: <p>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.</p>		
<u>Mandatory Units:</u>		
R041: Reducing the risk of sports injuries <p>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.</p>		
R042: Applying principles of training <p>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</p>		
<u>Optional Units:</u>		
R043: The body's response to physical activity		
R044: Sport psychology		
R045: Sports nutrition		
R046: Technology in sport		
<u>Grading:</u> <p>Pupils aim to achieve a Level 2 qualification that is graded in the following way:</p> <ul style="list-style-type: none">• Distinction*• Distinction• Merit• Pass <p>These grades when achieved at level 2 equate to grades 9-4 at GCSE.</p>		
Key Dates <p>Exam Series January or June (pupils will be told in advance when they will sit the exam)</p>		
Useful Resources		
Websites: <ul style="list-style-type: none">• www.ocr.org.uk/qualifications/cambridge-nationals/sport-science-level-1-2-j802-j812/specification-at-a-glance/• www.skysportsnews.com• www.bbcbitese.co.uk• www.youtube.com		
How you can support your child <ul style="list-style-type: none">▪ 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		

