



Holy Trinity Progression Map of Key Concepts for Sport Science

Below is the assessment and grading systems for OCR Cambridge Nationals Sport Science

Unit R180: Reducing the risk of sports injuries and dealing with common medical conditions
1 hour 15 minute written examination
70 marks (80 UMS)
OCR-set and marked

Unit R181: Applying the principles of training: fitness and how it affects skill performance
OCR-set assignment
80 marks (80 UMS)
Centre-assessed and OCR moderated

Unit R183: Nutrition and sports performance
OCR-set assignment
40 marks (40 UMS)
Centre-assessed and OCR moderated
Total marks 190 (200 UMS)

