

Sports Science

OCR

Level 2 Cambridge National



Course Description

OCR Nationals Sports Science This is a vocationally-related qualification that takes an engaging, practical and inspiring approach to learning and assessment. The new Cambridge Nationals in Sport Science reflect this and provide students with a broad knowledge and understanding of different aspects of sports science including sports psychology and nutrition and equip students with practical skills such as learning to design and evaluate a training programme.

What topics will I be covering?

The course is split into 4 modules contributing weighing 25% to the final mark. It is designed for the student who prefers coursework and not exams. The course consists of four units:
R041-Reducing the Risk of Sports Injuries (Exam)
R042- Applying the Principles of Trainings
R044- Sports Psychology
R046 Technology in Sports.

How much of the course is examination or Controlled Assessment?

25% Exam based (online assessment) -this can be re submitted within the 2-year course.
75% coursework/modular based.

How much work is required after school?

You will need to attend extra-curricular activities in order to improve your practical performance. Students who participate in activities outside of school tend to achieve higher practical scores than those who don't.

How is the work assessed and when?

Continual modular assessed coursework.

If I want to study the subject after GCSE, what grade must I get?

To study PE beyond school you will need at least a grade 4 or a pass equivalent.

What career options lead from this subject?

Sports coaching, PE teaching, leisure centre work, physiotherapy, sports therapist, personal trainer, sports psychologist & sports nutritionist

