

EXAM BOARD: OCR

Cambridge National Sports Studies is split into 6 units. Two are compulsory and four are optional until chosen by the school.

The two mandatory units are:

1. Contemporary issues in sport
2. Developing sports skills

The four optional units are:

1. Sports leadership
2. Sport and media
3. Working in the sports industry
4. Developing knowledge in skills in outdoor activities

Overview of Mandatory Units

1. Learners will explore a range of topical and contemporary issues in sports, relating to participation levels and barriers. The role of supporting events and national governing body to positively impact upon society and showcase their worth beyond providing entertainment.

2. Learners will develop their skills, techniques and use tactics/strategies/compositional ideas in both individual and a team sporting activity, as well as their understanding of rules to allow them to act in a number of officiating roles within an activity. They will also consider different practice methods to improve performance.

Overview of Optional Units

1. Learners will develop some of the knowledge, understanding and practical skills required to be an effective sports leader. They will plan, deliver and review safe and effective sporting activity sessions themselves.
2. Learners will develop their knowledge and understanding of the relationship between sport and the media as well learning the ability to evaluate and interpret the different ways in which sports ideas may be represented in the media. The skills developed would be relevant in a range of careers and roles within the sports industry.

3. Learners will be able to identify a number of careers within the sports industry and how to gain access to them. They will also look at how the sports industry affects society in Britain by looking at areas such as the economy, health and fitness, heritage, tourism and national identity.

4. Learners will know the range of outdoor activities that are available in the UK and be able to identify organisations that provide access to these activities. Learners will consider how to plan an outdoor activity and gain an understanding of health and safety and risk assessments in outdoor scenarios. They will also develop their communication, decision making and leadership skills in challenging scenarios and environments.

Students will experience a mixture of theoretical and practical sessions throughout the course, however the majority of the course will be theoretical.

There is an expectation of approximately 2 hours per week of additional sporting activities undertaken by students, either in GA extra-curricular programme or outside of school. This ideally should be both performance and leadership based.

COURSE ASSESSMENT

Candidates will pursue a course leading to the award of Level 1 or Level 2 Certificate with distinction, merit or pass. Level 2 Distinction * being the highest and Level 1 pass being the lowest award.

OCR Level 1 / 2 Cambridge National Certificate in Sports Studies is 120 Guided Learning Hours.

Mandatory Units Assessment

- 1. Contemporary issues in sport*
1 hour written exam
60 marks
OCR set and marked
Comprises short answer questions, extended response and some multiple choice questions.
- 2. Developing sports skills*
Approx. 10 hours internal assessment
Centre assessed and OCR moderated.
Centre assessed task (coursework).

Optional Units Assessment

A choice of two other units from the optional group of sports leadership, sport and the media, working in the sports industry and developing knowledge and skills in outdoor activities.

All of these are assessed the same way:

Approx. 10 hours internal assessment
Centre assessed and OCR moderated
Centre assessed task (coursework)

What will my child gain from Sports Studies?

Learners will have the opportunity to apply theoretical knowledge about different types of sport and physical activity, skills development and sports leadership to their own practice/performance. They will learn about contemporary issues in sport such as funding, participation, ethics and sport and the media.

If your child wants to be in the sports industry in some capacity this course is a good basis to see what careers there are in the sector.

Further reading/ suggested revision materials:

For further information, please contact:

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