



CAMBRIDGE NATIONAL SPORTS STUDIES

*Ofsted said: "Pupils particularly appreciate the access they are given to the high-quality facilities shared with Bedford University."
June 2016*

EXAM BOARD: OCR

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

The two mandatory units are:

1. Contemporary issues in sport
2. Developing sports skills

The two chosen optional units are:

1. Sports leadership
2. Sport and media

Overview of mandatory units

Contemporary issues in sport

Students explore a range of topical and contemporary issues in sport, such as participation levels and barriers, promoting values and ethical behaviour, and how sport contributes to society as a whole beyond simply providing entertainment.

Developing sports skills

Students try out a range of sports-related skills and techniques, including different practice methods for improving both their own performance and that of others. They develop their knowledge of the use of tactics and strategies in both individual and team sporting activities as well as their understanding of the rules, enabling them to carry out a number of officiating roles within the activities.

Overview of Optional Units

Sports leadership

Students learn about some of the knowledge, understanding and practical skills required to be an effective sport leader. They put their knowledge into practice by planning and delivering safe and effective sporting activity sessions. Afterwards they review their performance.

Sport and the media

Students explore the relationship between sports and the media: how sport uses the media to promote itself and the media uses sport to expand and maintain uptake of its products. They look at the differences in sports coverage across a range of media outlets and over time and the effect that media has had on public interest and involvement in sport.

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 the Goldington Academy 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

The chosen two units from the optional group (Sports Leadership, and Sport and the Media, 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 and sport and the media.

Further reading/ suggested revision materials:

**My Revision Notes: Cambridge National Level 1/2
Sport Studies by Symond Burrows (Author),
Sue Young (Author)**

For further information, please contact:

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