Sport Science Level 1/2

Course Overview

- **Exam Board** : OCR Cambridge National
- **Usual Age Range** : 14-16
- **Qualification :** Level 1/2 Technical Award
- **Curriculum Time** : three 50 minute lessons per week
- **Assessment** : this curriculum is assessed via:
    - 2 Non examined assessments (NEA)
    - 1 Exam (1 hour 15 minutes)
- **Grading** – Level 2 – Distinction* (*2), Distinction (D2), Merit (M2), Pass (P2)
    - Level 1 – Distinction (D1), Merit (M1), Pass (P1) and Fail/Unclassified.
- **Full specification** - https://www.ocr.org.uk/Images/610952-specification-cambridge-nationals-sport-science-j828.pdf

Curriculum Intent

The **intent** of the Sport Science curriculum is to give UTC students an opportunity to develop their understanding of why and how aspects of everyday sport are conducted. The intent states that students will develop learning and practical skills that can be applied to real-life contexts and work situations; as well as aiming to develop independence and confidence in using skills that are relevant to the Exercise, Physical Activity, Sport and Health sector and more widely.

The further intent of the Curriculum is to:

- Prepare participants for physical activity in ways which keeps them safe as well as learning how to react should injuries happen and how to recognise common medical conditions.
- Learn how to conduct fitness tests, including interpreting and feeding back on the data you get from these as well as how to design, implement and evaluate fitness training programmes.
- Develop knowledge of how the body responds to exercise and understand how technology helps inform us of these changes.

Students are supported and encouraged to develop their **love of reading** and literacy skills on this course, by reading sport science articles and journals.

Suggested next step **destinations** after completion include degrees related to Sport Science or Sports Coaching, or apprenticeships and employment in the sports industry.

Related **careers** can be seen using this link- https://www.prospects.ac.uk/careers-advice/what-can-i-do-with-my-degree/sport-and-exercise-science

Remote Learning and Revision

Students will benefit from additional study for their exam-assessed unit. Due to the course being relatively new, revision resources are not abundant. However, there is an extensive revision guide which could be purchased- https://www.hoddereducation.com/subjects/sport-pe/products/key-stage-4-14/ocr-level-1-level-2-cambridge-national-in-sport-sc

Curriculum Overview

Year 10:

Half Term 1

- Different factors which influence the risk and severity of injury
- Warm up and cool down routines

Half Term 2

- Different types and causes of sports injuries
- Reducing risk, treatment and rehabilitation of sports injuries and medical conditions

Half Term 3

- Causes, symptoms and treatment of medical conditions.

Half term 4

- Components of fitness applied in sport

Half Term 5

- Components of fitness applied in sport

Half Term 6

- Task 1 and 2 of first NEA unit

Year 11:

Half Term 1

- Principles of training in sport
- Organising and planning a fitness training programme
- Task 3 and 4 of first NEA unit

Half Term 2

- Evaluate own performance in planning and delivery of a fitness training programme.
- Task 5 of first NEA unit

Half Term 3

- The cardio-respiratory system and how the use of technology supports different types of sports and their intensities
- The musculo-skeletal system and how the use of technology supports different types of sports and their movements

Half term 4

- Short-term effects of exercise on the cardiorespiratory and musculo-skeletal systems
- Long-term effects of exercise on the cardiorespiratory and musculo-skeletal systems.
- Second NEA submission

Half Term 5

- Exam revision

Half Term 6

- External examination period