Academic Sport

OCR Level 1/2 Cambridge National in Sport Science

Why do we teach this qualification? The Cambridge National in Sport Science will encourage students to: • Understand and apply the fundamental principles and concepts of Sport Science • Develop learning and practical skills that can be applied to real-life contexts and work situations • Think creatively, innovatively, analytically, logically and critically • Develop independence and confidence in using skills that are relevant to the Exercise, Physical Activity, Sport and Health sector and more widely • 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 either how the body responds to exercise and understand how technology helps inform us of these changes, or a delve into the world of sports nutrition to understand how what we eat can impact our performance in sport • Develop the skills of team working, research and planning and understand that sports performance goes far beyond just the simple physical movements of the human body. This qualification will help students to develop the knowledge and skills required to progress into a career in the sports industry as well as providing them with a valuable science-based background if they choose to progress at into a more biological or medical field at Level 3.
https://www.ocr.org.uk/Images/610952-specification-cambridge-nationals-sport-science-j828.pdf

Year	HT1	HT2	HT3	HT4	HT5	HT6
Year 10	**Unit R181:** Applying the principles of training: fitness and how it affects skill performance. **Topic Area 1**: Components of fitness applied in sport	**Unit R181:** Applying the principles of training: fitness and how it affects skill performance. **Topic Area 2:** principles of training in sport	**Unit R181:** Applying the principles of training: fitness and how it affects skill performance. **Topic Area 3:** orgainising and planning a fitness training programme	**Unit R181:** Applying the principles of training:fitness and how it affects skill performance. **Topic Area 4:** Evaluate own performance in planning and delivery of a fitness training programme	**Unit R182:** The body's response to physical activity and how technology informs this. **Topic Area 1:** The cardio-respiratory system and how the use of technology supports different types of sports and their intensities	**Unit R182:** The body's response to physical activity and how technology informs this. **Topic Area 2:** The musculo-skeletal system and how the use of technology supports different types of sports and their movements
Year 11	**Unit R182:** The body's response to physical activity and how technology informs this. **Topic Area 3:** short term effects of exercise on the cardio-respiratory and musculo-skeletal systems	**Unit R182:** The body's response to physical activity and how technology informs this. **Topic Area 4:** Long term effects of exercise on the cardio-respiratory and musculo-skeletal systems	**Unit R180:** Reducing the risk of sports injuries and dealing with common medical conditions (exam unit)	**Unit R180:** Reducing the risk of sports injuries and dealing with common medical conditions (exam unit)	**Unit R180:** Reducing the risk of sports injuries and dealing with common medical conditions (exam unit)	

OCR Level 3 Cambridge Technical in Sport and Physical Activity

Why do we teach this qualification? A wide range of centre assessed units with practical and wider project-based assessment opportunities, as well as examined units on the body systems and the long and short term impacts of sport and physical activity; how sport is organised and the purpose of sports development; health and safety requirements in sport and physical activity; the purpose of, and how to conduct research in sport and physical activity; and how businesses in sport are organised and what success looks like to them. The Level 3 Cambridge Technicals in Sport and Physical Activity qualifications help students to achieve their potential and progress to the next stage of their lives, whether that's higher education, an apprenticeship or employment.
https://www.ocr.org.uk/Images/461734-sports-qualifications-summary-brochure.pdf

Year 12	**Unit 1 -** body systems and the effects of physical activity **Unit 3 -** Sports organisation and development	**Unit 1 -** body systems and the effects of physical activity **Unit 3 -** Sports organisation and development	**Unit 1 -** body systems and the effects of physical activity **Unit 3 -** Sports organisation and development	**Unit 1 -** body systems and the effects of physical activity **Unit 3 -** Sports organisation and development	**Unit 1 -** body systems and the effects of physical activity **Unit 3 -** Sports organisation and development	**Unit 1 -** body systems and the effects of physical activity **Unit 3 -** Sports organisation and development
Year 13	**Unit 8 -** organisation of a sports event. **Unit 2 -** Sports coaching and activity leadership	**Unit 8 -** organisation of a sports event. **Unit 2 -** Sports coaching and activity leadership	**Unit 8 -** organisation of a sports event. **Unit 2 -** Sports coaching and activity leadership	**Unit 19 -** Sport and Exercise psychology	**Unit 19 -** Sport and Exercise psychology	