



# OCR Sport

<https://www.ocr.org.uk/qualifications/cambridge-nationals/sport-studies-level-1-2-j829/>

Course Title	Exam Board	Specification Code	Head of Department
Cambridge Nationals in Sport Studies	OCR	J829	Mr Cooper

**Course Information** The importance of a healthy and active lifestyle has never been more important. This course will challenge your body and mind, and give you an insight to a wide range of topics from leadership and OAA, to practical skill performance and contemporary issues in sport.

- Skills/Aptitude Required**
- Hard working
  - Knowledge and passion for sport
  - ICT and language skills
  - Practical performance in sport and exercise is vital

**Next Steps** This is the perfect course to prepare to study Sport at BTEC Level 3, A-Level or College.

**Future Careers** Sports Science, Sports coach/leader, PE teacher, Nutritionist, Physiotherapy, Strength and conditioning.

**Year 9 Topics Covered** First coursework unit: Outdoor Adventurous Activities. You will investigate a range of OAA, from the provisions available to the clothing, equipment, technological advancements and safety aspects. You'll then plan, carry out a session and review your performance in one OAA.

**Year 10 Topics Covered** You will be practically assessed in 2 sports. You will review your performance in detail & identify methods for improvement. Then you will plan, lead and review a coaching session to other students.

**Year 11 Topics Covered** This year, you will work towards completing the external assessment - a written exam broken up in to 5 units, which include: participation and promoting values in sport, hosting major events, role of NGBs and the use of technology in sport.

**Internal Assessment** 2 coursework units are internally assessed prior to moderation. OAA which is worth 20% and Practical performance and leadership which is worth 40%

**External Assessment** In year 11, there is one external assessment which is worth 40% of your overall grade. This will include a mock examination in January and the final exam in the June exam series.

*If you have any questions at all, or would like to discuss your options further, please do not hesitate to contact us.*