

OCR Cambridge Nationals Sport Science Level 2

Exam Board: OCR	Syllabus Code: J828	Website: https://www.ocr.org.uk/qualifications/cambridge-nationals/sport-science-level-1-2-j828/
Head of Department: Mr J Tobin, jtobin@chestnutgrove.org.uk		
Assessment: Must complete 3 units. R180: reducing the risk of sports injuries and dealing with common medical conditions. Written exam paper 70 Marks 1hour 15mins, externally set and marked. Must be the final unit to be taken. Assessment in June 2024 R181: Applying the principles of training; fitness and how it affects skill performance. This is the mandatory coursework unit. 80 marks. To be submitted May 2023. OCR set task, center assessed and moderated by OCR. R182: The body's response to physical activity and how technology informs this. 40 marks. To be submitted May 2023. OCR set task, center assessed and moderated by OCR.		
Course description/overview: Cambridge National in sport will encourage students to think about the scientific world of sport, while putting theories and concepts into practice in theoretical and practical situations. Students will cover; <ul style="list-style-type: none">Preparing for sports and reducing the risk of injury.Fitness testing, planning and delivering fitness tests.Analysing ng fitness data to improve performance.How bodies provide us with energy and the ability to exercise for longer periods of time.How our bodies become more efficient and stronger.		

Curriculum breakdown:

Unit R180: Reducing the risk of sports injuries and dealing with common medical conditions.

This is the terminal exam unit taught in Yr 11

Topic Area 1: Dif erent factors which inf uence the risk and severity of injury.

Topic Area 2: Warm up and cool down rout nes

What can you do to support your child?

Parents can help and support learning by:

Encouraging physical activity as part of a healthy lifestyle.

Encourage to play competitive team sport outside of school

Ensure that your child is completing the home learning set each week.

Encourage your child to seek help from his or her teachers if needed.

Ensure that they attend all intervention provided that is relevant for them

Watching high level sporting competition live or on television is beneficial to understand the rules conventions and appreciate high level performance.

Reading sporting biographies and keeping up to date with sporting current affairs.

Wider reading and useful web-sites or activities to support learning:

OCR National level 2 Sport science(J828) Student Book ISBN: 9781398350298

Sports rule books and coaching guides

Sports Biographies/Autobiographies Journals

Journal of Sports Sciences Journal of Sport & Social Issues

All sports magazines will offer a view on performing, coaching, science, current issues or history of sport(s). They are therefore valuable wider reading material

National newspapers. The sports pages report global events and the biggest issues TV Sky sports news

Live sport – watch local, national and global events.

Sports biographies and ‘day in the life of’ programs give an excellent insight into the world of the elite athlete

Websites

<https://www.olympic.org/ioc>

<https://www.sportanddev.org/>

<https://www.sportengland.org/>