

Subject: Cambridge National in Sport Science

(2024)

Examination Board OCR

Specification Number 603/7106/7

Teacher responsible Mr Clarke

Introduction

Our Cambridge National in Sport Science will encourage students to think for themselves about the scientific world of sport whilst putting those theories and concepts into practice in both theoretical and practical sport situations. They will gain a full and complete understanding of these areas to enable progression at level 3 into a scientific discipline of their choice. This qualification also allows students the opportunity to gain broad, transferable skills and experiences that can be applied as they progress into their next stages of study and life and to enhance their preparation for future employment.

Course Content

Students will cover a broad range of topics in Sport Science:

- **Unit R180: Reducing the risk of sports injuries and dealing with common medical conditions:** In this unit you will learn how to prepare participants to take part in sport and physical activity in a way which minimises the risk of injuries occurring; prepare them to be able to respond to common injuries that can occur during sport and physical activity and to recognise the symptoms of some common medical conditions.
- **Unit R181: Applying the principles of training: fitness and how it affects skill performance:** In this unit you will learn how to conduct a range of fitness tests, what they test and their advantages and disadvantages. You will also learn how to design, plan and evaluate a fitness training programme. This will give you the background knowledge you need to be able to plan and deliver appropriate fitness tests, some of which will be adapted to suit the skills of the sporting activity. You will then interpret the data collected from fitness tests and learn how best to feed this back so that participants can go on to make informed decisions about their fitness training.
- **Unit R183: Nutrition and sports performance:** In this unit you will learn to consider the composition of healthy, balanced nutrition. You will consider the necessity of certain nutrients and their role in enabling effective performance in different sporting activities. The knowledge gained will be used to produce an appropriate, effective nutrition plan for a performer.

Assessment

Students must complete three units:

- One mandatory externally assessed unit (exam)
- One mandatory centre-assessed unit (NEA)
- One optional centre-assessed unit (NEA), from a choice of two.

Unit R180 is assessed by an exam and marked by OCR. WUTC will assess the NEA units and OCR will moderate them. Two assessment windows: January and June

Progression

Students can progress from this qualification to:

- Progression into level 3
- Employment into the sporting world