

Sport Studies / Sport Science

OCR Cambridge National Certificate in Sport Studies / Sport Science

Sport Studies / Sport Science course overview

Sport, health related fitness and Sports Science is a fast evolving industry that is creating lots of opportunities in a variety of different roles. Studying a sport related course at KS4 will help you to develop a better understanding of the human body in action as well as develop a variety of skills from communication, coaching, presenting, evaluating and practical performance. The course provides a good foundation for both post-16 progression or employment and can be chosen in addition to the mandatory Core PE lessons. By choosing this option, you will be studying either Sports Studies or Sports Science at KS4. The specific pathway of study will be decided by Mr McGeehan at the end of the options process.

How is the course assessed?

Through a combination of an external exam and internally assessed coursework covering 4 units, over two years.

Sports Studies:

- **Unit Ri84:** Contemporary Issues in Sport. **Externally assessed exam.**
- **Unit R185:** Performance and Leadership in Sports Activities.
- **Unit R186:** Sport and the Media

Sports Science:

- **Unit R180:** Reducing Sports Injuries **Externally assessed exam.**
- **Unit R181:** Applying the Principles of Training.
- **Unit R182:** The Body's Response to Physical Activity.

With a strong emphasis on scenario-based learning, students are given the opportunity to display their knowledge and understanding in a variety of contexts that challenge and extend their learning.

All coursework completed over the two years, along with the external exam, will be used to determine the overall grade achieved for the course. The meeting of assignment deadlines throughout Year 10 and 11 is an integral factor in maximize final course outcomes.

Is this course for you?

If you are passionate about playing sport and want to learn more about how sport is organised in this country, how the media influences what we watch and how elite performers train, compete and think, then this is the course for you!

What could this course lead to?

Firstly, you could continue your studies in our Sixth Form and study a Level 3 Sports course. After this you could begin to transition into Higher Education or an apprenticeship, working towards a career as a Physiotherapist, Sports Journalist, Sports Psychologist, Nutritionist, Police, Biomechanic, Sports Development, Coach or Teacher.

Who can I contact for further advice or support?

Mr S McGeehan, Head of Department: smcgeehan@tcolc.aspirelp.uk

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