

Exam Board & Course title: OCR Level 2 Cambridge National Certificate in Sports Studies

Qualification Title: OCR Level 2 Cambridge National Certificate in Sports Studies

Qualification Code: J829

Qualification Number: 603/7107/9

Level of course: OCR Level 2 Cambridge National Certificate in Sports Studies is equivalent to 1 GCSE.

Assessment Methods:

Assessed practical performance in a team and an individual sport, using filmed video evidence.

Outdoor education practical performance .

Written examination – contemporary issues unit

Written coursework for two set assignments

Course content:

There are 2 mandatory units to the course:

Unit R184: Contemporary Issues in Sport

- External written paper 1 hour 15 minutes (70 marks) – externally set and marked.

Unit R185: Performance and Leadership in sport activities.

- Practical Assessment (80 marks) – internally assessed, externally moderated.

There are 2 optional units to the course (1 will be completed).

Unit R186: Sports and the Media.

- Coursework (40 marks) - internally assessed, externally moderated.

Unit R187: Increasing awareness of outdoor and adventurous activities.

- Coursework (40 marks) - internally assessed, externally moderated.

Qualification Aims:

The Cambridge National in Sport Studies has a sector-based focus. Pupils will have the opportunity to apply theoretical knowledge about different types of sport and physical activity, skill development and sports leadership to their own practical performance. Pupils will learn about contemporary issues in sport such as funding, participation, ethics, role models and sport in the media. Pupils will develop an appreciation of the importance of sport locally and nationally, different ways of being involved in sport and how this shapes the sports industry.

Skills you need:

Practical ability in both team sports, and individual sports. Other practical options, such as Outdoor Activities may be used for assessment purposes, depending on the nature of the group. You will need a high level of enthusiasm, commitment, independence and cooperation.

Skills you will acquire: Practical skills; improved fitness; officiating; leadership; problem-solving skills, communication skills, teamwork, enhanced self-confidence and self-esteem.

Progression routes and linked careers:

To be able to study sports related BTEC or A Levels at college; to work within the health and fitness or sports industry; first step to becoming a PE teacher, sports coach, fitness instructor, outdoor sports leader, physiotherapist, sport psychologist, nutritionist, or performance analyst.

Important Information:

If you opt for PE, you will study either GCSE PE or OCR 1 / 2 Cambridge Nationals Certificate in Sports Studies. PE staff will determine the appropriate course for the group of students opting for PE.

Pupils who opt for PE must be prepared to participate in extra-curricular activities in order to enhance their practical, leadership and officiating skills.

Any questions please see: Miss McLeod - nmcleod@levenshulmehigh.co.uk