



# Sports Science



Level 2 Cambridge National

SPORTS SCIENCE

CONTACT: MISS NOBLE & MR LINDSAY

## Why should I study Sport?

If you have a keen interest in sport, health and well-being (which is part of **one of the biggest employment sectors**), then this is the course for you.

The first year covers the key knowledge and practical skills required for advancement in the chosen field of practice. Pupils will cover training for personal fitness through a coursework based unit and will also cover a leadership unit where they plan and lead a sports session of their choice. Pupils will also cover a unit on fitness for sport and exercise, which will be assessed through an online test in the summer term.

In year two, pupils will complete a coursework unit on practical sport, where they will show knowledge and understanding of the skills and techniques required for a team sport and an individual sport. This will be assessed through the production of their own video evidence.

## How is the course assessed?

As you complete each unit your teacher will tell you what grade you have achieved – Pass, Merit or Distinction. When you have completed all the units of the course you will receive an overall grade for your qualification - again Pass, Merit or Distinction. The unit 'Fitness for Sport and Exercise' is assessed through an online test, whereas the other three units are assessed through coursework.

## What career paths would Sport be suitable for?

Sport is a good subject for entry to such Degree courses as Sport and Exercise Science, Teaching Physical Education at Secondary, Primary Teaching, Sports Development Officers, Physiotherapy, Occupational Therapy, Leisure Management, Medicine as well as being suitable for general good health and fitness. Physical Education is also suitable for those wishing to go into the Armed Forces, Police or Fire Brigade.



## Website

<https://www.ocr.org.uk/qualifications/cambridge-nationals/sport-science-level-1-2-j802-j812/>