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| Cambridge National in Sport Science Level 1/2 |
| Exam Board | OCR | Course Code | J812  |
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| Outline of course | The Cambridge Nationals in Sport Science offer learners the opportunity to study key areas of sport science including anatomy and physiology linked to fitness, health, injury and performance; the science of training and application of training principles, and psychology in sport and sports performance.   |
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| Method(s) of Assessment | This is a vocational award so is mainly assessed through controlled internal assessment. 1 x External exam – 1 hour3 x Internal coursework units. R041: Reducing the risk of sports injuries – 1 Hour externally assessed written exam. R042: Applying principles of training – internal assessmentRO45: Sports Nutrition – internal assessmentRO43: The body’s responses to physical activity – internal assessmentOrR044 Sport Psychology – internal assessment |
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| Choose this subject if.. | * You are interested in sport but do not have the practical ability for GCSE PE or you struggle with exams.
* You have an interest in how to improve sports performance.
* You are interested in the knowledge, understanding and skills needed to plan training programmes to improve the fitness of individuals.
* You have an interest in the physiology and anatomy of the sports performer.
* You are a conscientious learner who enjoys independent research and study.
* You have enjoyed the theory from KS3.
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| Possible careers/ future pathways | * Want to become a Personal Trainer?
* A sports coach?
* work as a leisure attendant?
* A professional athlete?
* Events manager?

Successful completion of the qualification, together with other relevant qualifications at Level 2 such as GCSE English, Maths and Science, could lead to learners progressing into Further Education and/or training. This could include: • A Level in Physical Education • A Level in Biology • Level 3 vocational qualifications in Sport. Learners may also progress onto level 2 qualifications, which may include more specialist vocational qualifications such as: • Level 2 Certificate in Coaching • Level 2 Certificate in Leisure Operations. Learners may also progress to Level 2/3 apprenticeships as a fitness instructor or leisure centre assistant. |