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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 hour  3 x Internal coursework units.  R041: Reducing the risk of sports injuries – 1 Hour externally assessed written exam.  R042: Applying principles of training – internal assessment  RO45: Sports Nutrition – internal assessment  RO43: The body’s responses to physical activity – internal assessment  Or  R044 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. | | |