

# Cambridge Nationals Certificate in Sport Science (Level 2)

**Contact Person:** Miss J Wild

**Contact Email:** JWild@nailseaschool.com

**Course Outline:** 3 units will be covered 2 mandatory units (M) 1 optional unit (O)

**R180- Reducing the risk of sports injuries and dealing with common medical conditions (M)** This is assessed by an exam. By completing this unit you will prepare as a participant to take part in physical activity in a way which minimises the risk of injuries occurring. It will also prepare you to know how to react to common injuries that can occur during sport and physical activity, and how to recognise the symptoms of some common medical conditions.

**R181-Applying the principles of training: fitness and how it affects skill performance (M)** By completing this unit, you will conduct a range of fitness tests, understand what they test and their advantages and disadvantages. You will also learn how to design, plan and evaluate a fitness training programme. You will then interpret the data collected from these fitness tests and learn how best to feed this back.

**R183-Nutrition and sports performance (O).** In this unit you will learn to consider the composition of healthy, balanced nutrition. You will consider the necessity of certain nutrients and their role in enabling effective performance in different sporting activities. The knowledge gained will be used to produce an appropriate, effective nutrition plan for a performer.

**Skills/attributes developed/required:** Proactive, inquisitive, hardworking, students who have a solid sporting ability and an up to date interest in all aspects of sport. Students should be a high performer in core PE (in both performance and coaching) at a minimum of gold standard. This is to enable you to have an understanding and application of theory into a sporting context. High attainment levels in Science, English and Maths are suggested. You will need to be able to work under pressure, consistently meeting deadlines and to work independently (within a variety of situations).

**Additional considerations:** It should be noted that this course is not a practical sports course. It is the study of sport in its different forms which will require students to develop an understanding through application of theory. For example, designing and completing a training program. The design aspect would be theory based with the completion being practical.

## Examination Information

**Exam Board:** OCR

**Exam:** Exam 40% | Non Exam 60%

Mandatory Unit R180 written examination 70 marks (80 UMS)

**Centre assessed tasks:** Units R181 and R182 these will be centre assessed tasks, including a range of coursework and practical tasks (fitness testing, training program)

## Where can it take me?

**Next Steps:** OCR Level 3 / Diploma A level, Apprenticeship, Employment

**Future career opportunities that this subject may lead to:** P.E. Teacher, Physiotherapy/ Sports' Injury Therapist, Fitness Coach/ Instructor/ Personal Trainer, Strength and Conditioning Coach, Leisure Centre Manager, Leisure Assistant / Lifeguard, Sport Scientist, Professional Sports' Person, Sports' Coach, Dietician, Sports' Nutrition, Sport Psychologist, Sports' Biologist, Sports' Medicine.

## What Key Skills will I gain by taking Sports Studies?

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| <input type="checkbox"/> Analysing                              | <input checked="" type="checkbox"/> Independent Learning |
| <input checked="" type="checkbox"/> Communication - Verbal      | <input type="checkbox"/> Independent Thinking            |
| <input checked="" type="checkbox"/> Communication - Written     | <input type="checkbox"/> Listening Skills                |
| <input type="checkbox"/> Creative Thinking                      | <input checked="" type="checkbox"/> Presentation Skills  |
| <input type="checkbox"/> Debating                               | <input type="checkbox"/> Problem Solving                 |
| <input type="checkbox"/> Decision Making                        | <input type="checkbox"/> Reading                         |
| <input checked="" type="checkbox"/> Evaluating                  | <input type="checkbox"/> Research                        |
| <input checked="" type="checkbox"/> Hands-On / Technical Skills | <input type="checkbox"/> Team Work                       |