

Subject:	Sport Science
Level:	Level 1/2
Awarding Body:	OCR CAMBRIDGE NATIONAL CERTIFICATE – SPORTS SCIENCE
Specification Code:	J828
Awarding Body website:	https://www.ocr.org.uk/qualifications/cambridge-nationals/sport-science-level-1-2-j828/
ASSESSMENT:	
Controlled Assessment:	Portfolios of work must be completed for two units which are: R181-Applying the Principles of Training and R183- Nutrition and Sports Performance.
When will it be taken?	Assessment is ongoing; however all tasks must be completed to pass the units and to achieve the higher Merit and Distinction grades. Assignments are internally assessed and externally moderated. A third unit is externally assessed through an externally set written exam on completion of the unit R180-Reducing the Risk of Injury.
Examination	An external examination covering the specification of unit R180-Reducing the Risk of Injury will take place in May/June of Year 11.
When will it be sat?	On completion of the course in Year 11.
TIERS:	
Higher Tier Grades:	N/A
Foundation Tier Grades:	N/A
No Tier Grades:	Level 1 Pass, Level 1 Merit, Level 1 Distinction, Level 2 Pass, Level 2 Merit, Level 2 Distinction.
Subject Leader:	Mrs K. Plunkett
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Description

This course consists of three units.

- **R180 Reducing the Risk of Injury-** Prepare to take part in physical activity in a way which minimises the risk of injury. Know how to react to common injuries that occur during sport, recognising symptoms of common medical conditions.
- **R181 Applying the Principles of Training** Conduct a range of fitness tests, understand what they test and their advantages and disadvantages. Learn how to design, plan, and evaluate a fitness training programme and interpret the data.
- **R183 Nutrition and Sports Performance** Gain an understanding of healthy, balanced nutrition. Consider the necessity of certain nutrients and their role in enabling effective sporting performance. Develop an appropriate nutritional plan for a performer.