

## OCR Cambridge Nationals Sport Science Level 2

<b>Exam Board:</b> OCR	<b>Syllabus Code:</b> J828	<b>Website:</b> <a href="https://www.ocr.org.uk/qualifications/cambridge-nationals/sport-science-level-1-2-j828/">https://www.ocr.org.uk/qualifications/cambridge-nationals/sport-science-level-1-2-j828/</a>
<b>Head of Department:</b> Mr J Tobin, <a href="mailto:jtobin@chestnutgrove.org.uk">jtobin@chestnutgrove.org.uk</a>		
<b>Assessment:</b> Must complete 3 units. R180: reducing the risk of sports injuries and dealing with common medical conditions. Written exam paper 70 Marks 1hour 15mins, externally set and marked. Must be the final unit to be taken. Assessment in June 2024 R181: Applying the principles of training; fitness and how it affects skill performance. This is the mandatory coursework unit. 80 marks. To be submitted May 2023. OCR set task, center assessed and moderated by OCR. R182: The body's response to physical activity and how technology informs this. 40 marks. To be submitted May 2023. OCR set task, center assessed and moderated by OCR.		
<b>Course description/overview:</b> Cambridge National in sport will encourage students to think about the scientific world of sport, while putting theories and concepts into practice in theoretical and practical situations. Students will cover; <ul style="list-style-type: none"><li>• Preparing for sports and reducing the risk of injury.</li><li>• Fitness testing, planning and delivering fitness tests.</li><li>• Analysing ng fitness data to improve performance.</li><li>• How bodies provide us with energy and the ability to exercise for longer periods of time.</li><li>• How our bodies become more efficient and stronger.</li></ul>		
<b>Curriculum breakdown:</b>  Unit R180: Reducing the risk of sports injuries and dealing with common medical conditions. This is the terminal exam unit taught in Yr 11  Topic Area 1: Different factors which influence the risk and severity of injury. Topic Area 2: Warm up and cool down routines Topic Area 3: Different types and causes of sports injuries. Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions. Topic Area 5: Causes, symptoms and treatment of medical conditions  Unit R181: Applying the principles of training: fitness and how it affects skill performance. A coursework unit taught and submitted for assessment in Yr 10  Topic Area 1: Components of fitness applied in sport. Topic Area 2: Principles of training in sport Topic Area 3: Organising and planning a fitness training programme Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme  Unit R182: The body's response to physical activity and how technology informs this. This is a coursework unit taught across Yr 10 7 Yr 11 submitted in Yr 11. Topic Area 1: The cardio-respiratory system and how the use of technology supports different types of sports and their intensities Topic Area 2: The musculo-skeletal system and how the use of technology supports different types of sports and their movements Topic Area 3: Short-term effects of exercise on the cardio-respiratory and musculoskeletal systems Topic Area 4: Long-term effects of exercise on the cardio-respiratory and musculoskeletal systems		

**What can you do to support your child?**

Parents can help and support learning by:

Encouraging physical activity as part of a healthy lifestyle.

Encourage to play competitive team sport outside of school

Ensure that your child is completing the home learning set each week.

Encourage your child to seek help from his or her teachers if needed.

Ensure that they attend all intervention provided that is relevant for them

Watching high level sporting competition live or on television is beneficial to understand the rules conventions and appreciate high level performance.

Reading sporting biographies and keeping up to date with sporting current affairs.

**Wider reading and useful web-sites or activities to support learning:**

OCR National level 2 Sport science(J828) Student Book ISBN: 9781398350298

Sports rule books and coaching guides

Sports Biographies/Autobiographies Journals

Journal of Sports Sciences • Journal of Sport & Social Issues

All sports magazines will offer a view on performing, coaching, science, current issues or history of sport(s). They are therefore valuable wider reading material

National newspapers. The sports pages report global events and the biggest issues TV Sky sports news

Live sport – watch local, national and global events.

Sports biographies and 'day in the life of' programs give an excellent insight into the world of the elite athlete

Websites

<https://www.olympic.org/ioc>

<https://www.sportanddev.org/>

<https://www.sportengland.org/>

<http://www.ocr.org.uk/Images/68551-resources-links.pdf>

**Home learning:**

1 hour of home learning is expected to be completed each week in both units. This may take the form of research tasks, preparing notes for assessments, and completing presentations and exam questions.