

Y10 & 11 Sport Science Curriculum Information



OCR Cambridge National Sport Science Level 2

This course will encourage students to think about the scientific world of sport, through both theoretical and practical situations.

It is a qualification equivalent to a GCSE.

Course Summary and Assessment

Assessment is across the two years, through two set assignments (60%) and one terminal exam (40%). It is possible to re-sit some modules.

1. Set assignment (40%) R181-Training & the effects
2. Set assignment (20%) R183 - Nutrition & sports performance
3. Exam (40%) R180 - Injuries



Course Content

Y10

R181 - Training and the effects – HAND IN DEADLINE Term 2 Y10

- Components of fitness applied in sport
- Principles of training in sport
- Organising & planning a fitness training programme
- Evaluate performance in planning & delivery of a fitness training programme

R183 - Nutrition and sports performance

- Nutrients needed for a healthy, balanced nutrition plan
- Applying differing dietary requirements to varying types of sporting activity

Y11

R183 - Nutrition and sports performance – HAND IN DEADLINE NOV Y11

- Developing a balanced nutrition plan for a selected sporting activity
- How nutritional behaviours can be managed to improve sports performance.

R180 – Injuries – EXAM IN MAY Y11

- Different factors which influence the risk and severity of injury
- Warm up and cool down routines
- Different types and causes of sports injuries
- Reducing risk, treatment and rehabilitation of sports injuries and medical conditions
- Causes, symptoms and treatment of medical conditions.

SPORT SCIENCE DROP-IN SUPPORT SESSIONS – WEDNESDAY AND THURSDAY 3-4PM IN I5 (let your teacher know you are coming)

How students can be supported at home

- To make their work secure and easily accessible at school and at home, pupils will be shown how to use Microsoft OneDrive (cloud-based file storage) and may need support accessing this at home. They should check their MS Teams and school email accounts regularly, each week.
- Students need to keep their digital and paper filing organised and ensure they meet deadlines.
- Guide your son/daughter towards proficiency using Microsoft Word and PowerPoint.
- Encourage your child to do independent research and preparation for their set assignments (coursework) at home which can be used to improve their assignments in school.
- Encourage your child to do revision and exam preparation for their PPE (mock) and Y11 terminal exam, providing a quiet, organised work space.
- Encourage an active interest in sports, both participating and spectating, considering injury, fitness and nutritional issues to enable them to use a wide range of relevant sporting examples throughout their work.

Support

OCR Sport Science <https://www.ocr.org.uk/qualifications/cambridge-nationals/sport-science-level-1-2-j828/>

Teachers' slides are always available and signposted in lessons.

Students will be provided with student checklists for each of the coursework units.

Students will be provided with exam unit booklets and exam questions.

Contact the student's class teacher, Mr Hockridge or Mrs White with any queries.

[ocr.org.uk/cambridgenationals](https://www.ocr.org.uk/cambridgenationals)

