OCR Sport

Course Title	Exam Board	Specification Code	Head of Department
Cambridge Nationals in Sport Studies	OCR	J829	Mr Cooper

Course Information The importance of a healthy and active lifestyle has never been more important. This course will challenge your body and mind, and give you an insight to a wide range of topics from leadership and OAA, to practical skill performance and contemporary issues in sport.

Skills/Aptitude Required
- Hard working
- Knowledge and passion for sport
- ICT and language skills
- Practical performance in sport and exercise is vital

Next Steps This is the perfect course to prepare to study Sport at BTEC Level 3, A-Level or College.

Future Careers Sports Science, Sports coach/leader, PE teacher, Nutritionist, Physiotherapy, Strength and conditioning.

Year 9 Topics Covered First coursework unit: Outdoor Adventurous Activities. You will investigate a range of OAA, from the provisions available to the clothing, equipment, technological advancements and safety aspects. You'll then plan, carry out a session and review your performance in one OAA.

Year 10 Topics Covered You will be practically assessed in 2 sports. You will review your performance in detail & identify methods for improvement. Then you will plan, lead and review a coaching session to other students.

Year 11 Topics Covered This year, you will work towards completing the external assessment - a written exam broken up in to 5 units, which include: participation and promoting values in sport, hosting major events, role of NGBs and the use of technology in sport.

Internal Assessment 2 coursework units are internally assessed prior to moderation. OAA which is worth 20% and Practical performance and leadership which is worth 40%

External Assessment In year 11, there is one external assessment which is worth 40% of your overall grade. This will include a mock examination in January and the final exam in the June exam series.

"If something stands between you and your success, move it. Never be denied."