

SPORT SCIENCE

COURSE DETAILS

Course: OCR Level 1/2 Cambridge National Certificate in Sport Science

Web Link: <http://www.ocr.org.uk/qualifications/cambridge-nationals-sport-science-level-1-2-j802-j812/>

Introduction

Cambridge Nationals in Sport Science has embraced sport science disciplines wholeheartedly in the past few decades, moving from a perspective which assumed the primacy of natural talent in producing outstanding performance, to one which considers every minute detail of an athlete's training programme, rest time, environment and psychology in the pursuit of excellence. The Cambridge Nationals in Sport Science offer learners the opportunity to study key areas of sport science including anatomy and physiology linked to fitness, health, injury and performance; the science of training and application of training principles, and psychology in sport and sports performance.

Objectives of Qualification

The qualification prepares students for the level 3 vocational course or A Level PE. Many students that complete the course go on to work in the health and fitness industry as instructors for example.

Assessment

Students create evidence towards assessment objectives via written projects and practical performance, the work is internally assessed by the teacher and students are given time to act upon feedback and resubmit work. This work is again internally assessed and students achieve either a Pass, Merit, Distinction or Distinction*. There is one externally assessed unit in which students are expected to complete a one hour written exam. Students will be given no credit for practical performances like in GCSE PE.

MR M BUTLER