



Cambridge National Sport Studies

Key contacts: Mrs N Philpot
Exam Board: OCR

Overview of the course:

Our Cambridge National in Sport Studies will encourage students to think for themselves about the study of sport and the application to real life practical sport, leadership and evaluation of the skills required there. They will study topics affecting sport through the contemporary issues unit, both play and lead sporting activities, as well as having the chance to either explore the world of outdoor sport or the media.

What will you study?

Contemporary Issues in Sport – examination:

- Issues which affect participation in sport
- The role of sport in promoting values
- The implications of hosting a major sporting event for a city or country
- The role National Governing Bodies (NGBs) play in the development of their sport
- The use of technology in sport

Practical and leadership in Sports Activities - internally assessed:

- Key components of performance
- Applying practice methods to support improvement in a sporting activity
- Organising and planning a sports activity session
- Leading a sports activity session
- Reviewing your own performance in planning and leading a sports activity session.

Either, Sport and the Media – Internally assessed coursework:

- The different sources of media that cover sport
- Positive effects of the media in sport
- Negative effects of the media in sport

Or, Increasing Awareness of Outdoor and Adventurous Activities

- Provision for different types of outdoor and adventurous activities in the UK
- Equipment, clothing and safety aspects
- Plan for and be able to participate in an outdoor and adventurous activity
- Evaluate participation in an outdoor and adventurous activity

Assessment

Contemporary Issues in Sport – Examination

Practical and Leadership in Sports Activities- Internally Assessed

Sport and the Media – Internally Assessed Coursework

Possible career path:

The skills and knowledge developed by students studying this course will be invaluable in careers where students will be working with people from different backgrounds and cultures, such as:

- Sports Coaches
- Fitness Coaches
- Personal Training

Students who engage well with the Cambridge National Course may wish to move on to Study Physical Education at A Level, BTEC Sport Level 3 or BTEC Public Services Level 3. Moving into careers such as:

- Sports Centre Managers
- Physical Education Teachers
- Physiotherapy
- Sports Psychology
- Sports Science

Students on the course will receive five lessons a fortnight, this is additional to the four hours of Core PE which all students undertake.

The majority of the lessons will be theory based with practical support given throughout.