

CNat Sport Science

Exam Board: OCR (Cambridge National)



Aims:

Cambridge Nationals are vocationally related qualifications that take an engaging and practical approach to learning and assessment. The Cambridge National in Sport Science recognises the importance of science disciplines for progress in elite sport and allows students to think for themselves about the scientific world of sport. This qualification offers learners the opportunity to study the science of training and training principles, the importance of diet and nutrition for sports performance and ways of recognising, responding to and treating injuries and medical conditions. While there are no

formal entry requirements for the course, students will need to show a clear interest in, and knowledge of, a variety of sporting activities in order to effectively apply this knowledge to formal assessment work.

Assessments & Structure:

Reducing the risk of sports injuries

Externally Examined -40%

Written paper, 1 hour 15 minutes, 70 marks.

Section A: 25 marks – Knowledge based multiple choice and short to medium response questions.

Section B: 45 marks – Context based medium to extended response questions and evaluation questions.

Students learn how to prepare participants to take part in physical activity and the risk factors associated with sporting performance. They learn about common injuries and medical conditions and how to respond to these when they occur. Students develop skills relevant to many roles within the sport and leisure industry by knowing how to reduce the risk of injury and how to recognise symptoms, should injury occur.

Applying the principles of training

Internally Assessed – 40%

Controlled Assessment – 5 tasks – 80 marks

The assessment for this unit involves students taking on the role of a 'Sports Coach' and there are a number of tasks designed around keeping their athletes in peak condition. Students learn about the importance of fitness testing and monitoring and then administer these fitness tests on their chosen performers. Using the results of these tests, students then apply their knowledge of the different methods and principles of training to design their own training programme for their athlete to follow. Students are taught how to reflect on this programme and make adaptations where required to improve performance.

Nutrition and Sports Performance

Internally Assessed – 20%

Controlled assessment – 4 tasks – 40 marks

In the world of sport, the right nutrition is as important as the right equipment and the right training methods. Without suitable nutrition, a performer's body would not be able to cope with the stresses and strains put upon it. Students will learn to consider the composition of a healthy, balanced diet, the necessity of certain nutrients in particular quantities and the effects of a poor diet on performance. The knowledge gained is then used to produce an appropriate, effective nutrition plan for a performer.

For further information, contact Mr A Harrison

GCSE Physical Education

Exam Board: AQA – GCSE PE



Aims:

The course provides a balanced approach to both the theoretical and practical aspects of Physical Education. Theoretical topic areas range from anatomy and physiology, health and fitness, sport psychology and socio-cultural influences in sport. Students will have their knowledge assessed through final examinations, written and practical coursework. As a result, the course will be highly intense and is recommended only for students who have shown an

aptitude, ability and interest in the subject throughout Key Stage 3. Students must have been regularly attending a minimum of 1 extra-curricular activity or participate regularly at a good standard in an activity outside of school, in order to be suitable for the practical element of the course. **Academic ability in English, Maths and Science is also important.** Students will be required to **regularly attend a minimum of 2 extra-curricular activities** in school and will be expected to be available for school matches and competitions.

Content, Structure & Assessment – GCSE PE

60% Theory assessed through two examinations at the end of Y11

Paper 1: The Human Body and Movement in Physical Activity and Sport

Paper 2: Socio-Cultural Influences and Well-being in Physical Activity and Sport

10% Performance analysis written assessment in one activity

30% Practical assessment in three activities: one team activity, one individual activity and a third activity.

(Students can **only** be assessed in the activities listed below)

Team Activities			Individual Activities		
Acrobatic Gymnastics	Association Football	Badminton	Amateur-Boxing	Athletics	Badminton
Basketball	Camogie	Cricket	Canoeing	Cycling	Dance
Dance	Figure Skating	Futsal	Diving	Equestrian	Figure Skating
Gaelic Football	Handball	Hockey (Field, Ice or Roller)	Golf	Gymnastics	Kayaking
Hurling	Lacrosse	Netball	Rock climbing	Sailing	Sculling
Rowing	Rugby (League or Union)	Sailing	Skiing	Snowboarding	Squash
Sculling	Squash	Table Tennis	Swimming	Table Tennis	Tennis
Tennis	Volleyball	Water polo	Trampolining	Windsurfing	
Specialist Team Activities			Specialist Individual Activities		
Blind Cricket	Goal Ball	Powerchair Football	Boccia	Polybat	
Table Cricket	Wheelchair Basketball	Wheelchair Rugby			

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