



## OPTION SUBJECT

### CAMBRIDGE NATIONAL IN SPORT SCIENCE

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| Head of Department | Mr O Johnson   |
| Email              | <a href="mailto:Oliver.Johnson@edgbarrowschool.co.uk">Oliver.Johnson@edgbarrowschool.co.uk</a> |
| Examination Board  | OCR – Graded Pass – Distinction*   |

In addition to the two hours of compulsory PE in which pupils will participate, those opting for the Sport Science course will receive an additional 5 lessons per fortnight. These will cover both the practical and theoretical aspects of the world of sport.

The Sport Science course gives learners a good grounding and understanding of several different aspects affecting sports performance including, fitness testing, fitness training, prevention of and rehabilitation from injury as well as some aspects of sports psychology. The course is vocational and linked closely to real life situations people working in the sports industry would deal with on a day to day basis.

The Cambridge National Sport Science course is divided into four units. Each pupil will complete the following units (subject to change):

1. Reducing the risk of sports injuries (written paper externally assessed)
2. Applying the principles of training
3. The body's response to physical activity
4. Sports Psychology

Unit 1 will be assessed externally via a written examination. Units 2, 3 and 4 are assessed internally through a combination of practical and written assignments.

The Cambridge National qualifications use different language to GCSE for its assessments, using Pass, Merit and Distinction to differentiate between the qualification grades. A distinction\* or distinction is equivalent to an A\* or A at GCSE, a merit equivalent to a B grade at GCSE and a pass equivalent to a C grade at GCSE. The qualifications are well known by sixth forms and colleges and would not necessarily hamper a student's application as long as they were applying to follow a similar style course.

This course would be ideal for any pupil who is motivated and enthusiastic in Physical Education and who is looking to further their knowledge and experience in this area. This course is aimed at students who would struggle to offer the four practical activities at the standard necessary for GCSE PE or who may struggle with the larger theoretical component of the GCSE qualification and the method of assessment.

Pupils who successfully complete the Cambridge National Sport Science Course at Merit level or above will be able to progress onto the Level 3 Sports BTEC course in the Edgbarrow Sixth Form.

***Please note that students cannot choose both GCSE PE and the Cambridge National in Sport Science.***