

PE Option – OCR Sport Science

- A vocational qualification
- Pupils achieve Level 1 or 2 qualification, equal to GCSE grades 1-9
- Helps pupils to develop the knowledge and skills required to progress into a career in the sports industry or to take up a Level 3 course in post-16 education
- Provides pupils with transferable skills such as presentation skills, report writing, team working, leadership and research skills.



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OCR
Oxford Cambridge and RSA



Course Structure

- 40% externally assessed exam.
- 60% internally assessed coursework.
- Coursework will be a mixture of written and practical assessments therefore pupils should expect both practical and classroom lessons – THIS IS NOT A 100% PRACTICAL COURSE.
- Pupils will have 2 lessons a week in year 10, and 2.5 lessons a week in year 11.
- Pupils will also have 2 lessons a week of core PE (and may combine this course with OCR Sport Studies if deemed suitable for that course by their PE Teacher)



Course Content

- R180: Reducing the risk of sports injuries and dealing with common medical conditions.
- Assessed by a 1hr15 minute written exam, taken in May/June of Year 11
- Worth 40% of overall marks
- By completing this unit pupils will prepare as a participant to take part in physical activity in a way which minimises the risk of injuries occurring. It will also prepare them to know how to react to common injuries that can occur during sport and physical activity, and how to recognise the symptoms of some common medical conditions.



Course Content cont.

- R181: Applying the principles of training: fitness and how it affects skill performance
- This is assessed through a range of written and practical assignments
- Worth 40% of overall marks
- By completing this unit, they will conduct a range of fitness tests, understand what they test and their advantages and disadvantages. They will also learn how to design, plan and evaluate a fitness training programme. They will then interpret the data collected from these fitness tests and learn how best to feed this back.



Course Content cont.

- R182: The body's response to physical activity and how technology informs this
- This is assessed through a range of written and practical assignments
- Worth 20% of overall marks
- By completing this unit they will gain understanding of how both the cardio-respiratory and musculo-skeletal systems provide them with the energy and movements needed to keep them exercising and in turn how exercise helps develop both systems. They will also learn about relevant technology and how this assists us in measuring changes in these systems.



Who should take this course?

- Anyone with an interest in sport, how the body works or how you can train to get fitter for a particular sport.
- Anyone who wants to go on to take a Level 3 Sport qualification e.g. A' Level PE or BTEC Level 3 in Sport
- Anyone who wants to go into a career in sport e.g. personal training, coaching or PE teacher or a career that is enhanced by the content covered in this course e.g. doctor, nursing, physiotherapy, sports psychology
- This course can be taken alongside the OCR Sport Studies course which will be offered to selected pupils in CORE PE, based on their attitude and effort levels in PE and Games throughout Year 9.



OCR Sport Studies

- Takes place in Core PE – TWO HOURS PER WEEK
- Same type of qualification as Sport Science – 40% exam, 60% written and practical coursework. Lessons will be a mixture of theory and practical.
- Exam unit = R184 Contemporary Issues in Sport
- Mandatory unit = R185 Performance and leadership in sport
- Optional unit = R187 Increasing awareness of Outdoor and Adventurous Activities
- Pupils will be informed of their selection for this course by their PE teacher. More information is available in the Options Booklet.

