



Cambridge Nationals: SPORTS SCIENCE

Examining Board: OCR

Subject Leader: Mrs C Jardine

Teachers: Mr M Wilson, Mr A Parkes, Mr J Boak & Mrs C Jardine

Course Overview:

Exam: Reducing the risk of sports injuries and dealing with common medical conditions

1. Different factors which influence the risk and severity of injury
2. Warm up and cool down routines
3. Different types and causes of sports injuries
4. Reducing risk, treatment and rehabilitation of sports injuries and medical conditions

Assignment 1: Applying the principles of training: fitness and how it affects performance

1. Components of fitness applied in sport
2. Principles of training in sport
3. Organising and planning a fitness programme
4. Evaluate own performance in planning and delivering fitness programme

Assignment 2: The body's response to physical activity and how technology informs this

1. The cardio-respiratory system and how the use of technology supports different types of sports and their intensities
2. The musculo-skeletal system and how the use of technology supports different types of sports and their movements
3. Short-term effects of exercise on the cardio-respiratory and musculo-skeletal systems
4. Long-term effects of exercise on the cardio-respiratory and musculo-skeletal systems

This course is suitable for students who want to learn the theory behind keeping fit and how this affects performance. Whilst there are some practical lessons these are fitness based and ARE NOT PARTICIPATING IN DIFFERENT SPORTS



Exam:

The exam is worth 40% of the course and will be taken at the end of Year 11. It is 75 minutes long and consists of two sections.

Section A is 25 marks of multiple choice. Section B is 45 marks will be context based so longer answers will be required.

None Examined Assessment:

There are two assignments that are marked internally and then sent to the exam board for moderation. The first assignment has five tasks and is worth 40% of the course and the second has three tasks and is worth 20% of the course