

# Cambridge National Award in Sport Science



## Course Content:

The Cambridge National in Sport Science offer students the opportunity to study key areas of sport science including anatomy and physiology linked to fitness, health, injury and performance; the science of training and application of training principles, and psychology in sport and sports performance.

### Skills needed and developed:

The course builds on the knowledge, understanding and skills established in Key Stage 3 Physical Education. It gives opportunities to be involved in a number of different physical activities, promoting an active and healthy lifestyle. You should have an interest in physical education and sport, enjoy being active and appreciate the benefits of keeping fit and healthy.

### You will:

- develop your knowledge and practical skills in a range of physical activities
- examine the effects of exercise and how training can improve performance
- find ways to improve your own performances in a variety of roles
- identify ways to develop and maintain a healthy and active lifestyle through participation in physical activity
- develop your scientific knowledge in relation to the body and physical exercise

### Assessment Methods:

Learners must complete two mandatory units, and two optional units from a choice of four specialist units.

The two mandatory units are reducing the risk of sports injuries and applying the principles of training.

Students can then choose two other units from a wide range of possible units such as the body's response to physical activity, sport psychology, sports nutrition and technology in sport.

Reducing the risk of sports injuries is a written 60-minute exam paper, set and marked by OCR. All other units are centre assessed tasks.

### Qualification gained at completion of the course:

**LEVEL 2 Cambridge National Award in Sport Science – Equivalent to one GCSE**

Post 16 options on completion of the course could be a Cambridge Technical award (level2/3), Apprenticeship or A level PE then onto University.

The course develops the transferable skills and key skills that employers are looking for and can lead to a wide variety of employment opportunities. This can include further training in areas such as recreational management, leisure activities, coaching, officiating, the fitness industry, the armed forces and the Civil Service.

