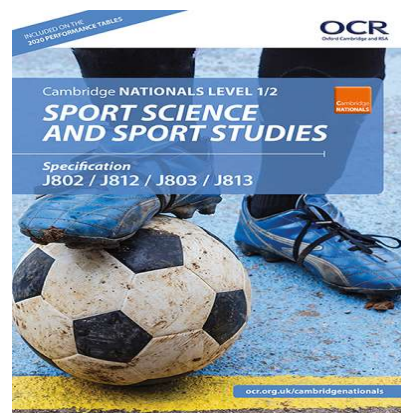


What is the course about?

The Cambridge National in Sport Science offers students the solid foundation required for further study or progression into industry. Students will develop a wide range of highly desirable, transferable skills such as communication, problem solving, team working and performing under pressure. Both the bulk of learning and assessment is through practical means.



All learners will study two mandatory units as follows:

- Reducing the risk of sports injuries (exam)
- Applying principles of training (coursework)

They will also study two optional units (TBC):

- The body's response to physical activity (coursework)
- Sports nutrition (coursework)
- Technology in sport (coursework)
- Sport psychology (coursework)

Reducing the risk of sports injuries - Taking part in sport and physical activity puts the body under stress. Students will learn how to reduce the risk of injury when taking part in sport through activities such as warm-ups, and knowing how to respond to injuries and medical conditions in a sport setting are all vital skills within the sport and leisure industry.

Applying principles of training - The role of a coach is to keep their performers in peak condition by monitoring individuals' fitness and designing bespoke training programmes. Students will learn the principles of training and how different methods target different components of fitness.

What percentage of the final grade is from coursework?

Coursework will account for 75% of the final grade in this qualification.

What about after Key Stage 4? (Careers and College)

Students who want to progress onto other related study, such as qualifications in PE or Sport at Key Stage 5.

Exam board and useful website?

OCR - <https://www.ocr.org.uk/Images/82412-specification.pdf>