

**Subject:**

**OCR Level 2 Cambridge National in  
Sport Studies**

**Option**

What is the course about?

Sport Studies focuses on applying knowledge to real-life practical activities. Students will develop performance and leadership skills, evaluate the techniques required for success, and study contemporary issues that affect sport. They will take part in both playing and leading sporting activities and have the opportunity to explore outdoor and adventurous activities.



What topics will I study?

Performance and leadership in sports activities. You will develop your skills as both a performer and as a leader. You will learn how to plan and lead a sports activity session, work independently and as part of a team, and communicate effectively.

Increasing awareness of Outdoor and Adventurous Activities. You will learn about outdoor and adventurous activities available locally and across the UK. You will find out what equipment, clothing, and safety measures are needed and plan to take part in an activity safely. You will also participate in an outdoor activity and evaluate your experience.

Contemporary issues in sport. You will learn about a range of contemporary issues in sport, including participation levels and barriers to involvement. You will explore how sport promotes values and ethical behaviour, the impact of major sporting events, the role of national governing bodies, and how technology is used in sport. This unit is assessed through a written exam at the end of Year 11.

What percentage of the final grade is from coursework?

Performance and leadership in sports activities. Students will complete five tasks, two practical and three written tasks. 30% of their overall grade.

Increasing awareness of Outdoor and Adventurous Activities. Students will complete four tasks, which will be practical activities and written tasks. 30% of their overall grade.

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

Completing OCR Sport Studies can lead to further study in Sport and Physical Activity, such as Cambridge Technicals, BTEC Sport, or A-Level PE at college. It also provides a strong foundation for careers in areas like sports coaching, fitness training, and sports management.

Exam board and useful website? OCR Level 2 Cambridge National in Sport Studies