

Optional Subject

# Sports Studies

Please note students opt for Sports Studies.

Allocations to the exact qualification will be made in the Autumn Term as appropriate.

**Cambridge National OCR Qualification**      **Course Leader: Mrs Sprake**

## Successful learner profile

- Regularly takes part in a range of sports and trains to improve performance.
- Interested in the wider aspects of sports such as barriers to participation, gender stereotyping, psychology and media.
- Demonstrates a high level of performance in both practical lessons and in the classroom.
- Able to work hard with a range of students in the classroom and in practical lessons, to improve performance and lead activity sessions.

## What will you study?

Vocational course – linked to real life examples.

### **Sports Performance and Leadership: 40%**

- Participation and performance review for 2 sports
- Leading and reviewing a sports session for others.

### **Contemporary Issues in Sport: 40%**

- Factors affecting participation
- Role of Sport in promoting values
- Implications of hosting a major sporting event
- The role of National Governing Bodies for sport
- Technology in Sport

### **Outdoor and Adventurous Activities: 20%**

- Portfolio: opportunities and equipment for 3 activities eg kayaking, BMX, climbing.
- Safety and practical activity in 1 activity eg Skiing

## Why choose this course?

We run 2 different sports courses. Both provide excellent opportunities to learn practical performance and leadership skills in combination with gaining knowledge of physical skill development, training and fitness. We also explore wider issues such as sports media, benefits and barriers to participation as well as sports psychology. Both courses are designed for anyone looking at sports, health or leisure careers in future.

## How is each course selected?

The PE Team judge the most appropriate course for students based on: Sports Performance. Science and English grade. Commitment to extra-curricular sport. Leadership capabilities.

## What are the main differences between each course?

OCR Sports Studies: more vocational and applied to general sport settings. Ability to understand wide ranging sporting issues as well as analyse and review practical performance more important to grade.

## Possible progression post 16

You will be able to progress to our Level 3 Sixth Form course and then on to Higher Education in a sports and leisure sector such as Physical Education, Business and Event Management, Sports Fitness and Coaching, Sports Therapy and Rehabilitation, Strength and Conditioning or Health and Well-being Practitioner. Other students have also used it as excellent preparation for Armed and Emergency Services or Outdoor and Adventure careers.

## Weblinks

<https://ocr.org.uk/Images/610953-specification-cambridge-nationals-sport-studies-j829.pdf>

Balanced | Rigorous | Coherent | Vertically Integrated | Appropriate | Relevant