

## Course information

**Year: 10-11    Subject: Cambridge National in Sports Science Level 2**

<b>Subject</b>	Physical Education	<b>Subject leader contact</b>	Miss S. Felton <a href="mailto:sfelton@cottesloe.bucks.sch.uk">sfelton@cottesloe.bucks.sch.uk</a>
<b>Exam Board</b>	Cambridge National	<b>Specification Code</b>	J813

### Subject Content

The Cambridge Nationals in Sport Science offer learners 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.

### Additional Equipment Needed

- Revision materials

### Assessment Details:

**Component 1:** Reducing the risk of sports injuries – (External Assessment) Paper of 60 marks for 1 hour  
**Component 2:** Applying principles of training – (Internal Assessment) Assessment tasks 10 hours  
**Component 3:** The body's response to physical activity – (Internal Assessment) Assessment task 10 hours  
**Component 4:** Sports nutrition – (Internal Assessment) Assessment tasks 10 hours

### To be successful students will need to be able to:

- Apply their knowledge of the principles of training, the body and its response to exercise and sports nutrition that impact on sport and activity in written contexts.
- Apply key skills that support their theoretical understanding of training, nutrition and psychological factors that influence and impact on engagement in sport and activity
- Be able to plan and design a training programme using practical skills in fitness testing.
- Be able to investigate methods of planning, delivering and reviewing sessions for a range of target groups.

### What can I do to support my child at home?

- *Ask students to explain what they have covered in class as this can help 'internalise' information.*
- *Ensure homework on Google Classroom is completed.*
- *Provide support in organising the time to work on assignments and meet deadlines.*

### Recommended resources for the course:

#### Websites

Exam Board - <https://www.ocr.org.uk/qualifications/cambridge-nationals/sport-science-level-1-2-j802-j812/>

Exam Board Past Papers -

<https://www.ocr.org.uk/qualifications/cambridge-nationals/sport-science-level-1-2-j802-j812/assessment/>

#### Books

##### Student eTextbook: (optional)

Cambridge National Level 1/2 Sport Science

ISBN: 9781510455832

### Teaching Staff Contact Details

Name	Role	Email	Tel
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Home Study and Independent Learning Parental Support Information

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