

SPORTS SCIENCE BTEC (Level 2)

Sport and exercise science is a growing area of interest. It combines both theory and practical learning, whilst having the opportunity to attend other facilities that will enrich and enhance their learning keeping them focussed and motivated to learn. For example, students may visit the Sands Centre or University of Cumbria campus to complete a battery of fitness testing required for one of their assignments or personal exercise plan.



What is it?

The Cambridge National in Sport Science is targeted at 14-16 year olds in a school environment with the certificate qualification being the same weight as a GCSE. They use both internal and external assessment and meet the Department for Education’s requirements for attainment tables and headline performance measures.

The Cambridge Nationals 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.

Course Content and Assessment

Some of the units in the Sport Science qualification are mandatory and others optional. Optional units will be selected carefully to support the needs of the learners on the course.

Sport Science Units	Assessment method
R041: Reducing the risk of sports injuries (Mandatory unit)	Written paper - OCR set and marked 1 hour – 60 marks (60 UMS) Learners answer all questions
R042: Applying principles of training (Mandatory unit)	Centre assessed tasks - OCR moderated 60 marks (60 UMS) Learners should spend approximately 10 hours on the assessment tasks
R043: The body’s response to physical activity (Optional unit)	Centre assessed tasks - OCR moderated 60 marks (60 UMS) Learners should spend approximately 10 hours on the assessment tasks
R044: Sport psychology (Optional unit)	Centre assessed tasks - OCR moderated 60 marks (60 UMS) Learners should spend approximately 10 hours on the assessment tasks
R045: Sports nutrition (Optional unit)	Centre assessed tasks - OCR moderated 60 marks (60 UMS) Learners should spend approximately 10 hours on the assessment tasks
R046: Technology in sport (Optional unit)	Centre assessed tasks - OCR moderated 60 marks (60 UMS) Learners should spend approximately 10 hours on the assessment tasks

Student’s uniform marks for the externally assessed unit will be combined with the uniform mark for the centre assessed units to give a total uniform mark for the qualification.

The learner’s overall grade will be determined by the total uniform mark and this will be graded as follows:

Distinction*, Distinction, Merit, Pass.