



## SPORT SCIENCE Level 1/2 Certificate Cambridge Nationals



### **Examination Board:**

OCR

### **Assessment:**

Cambridge Nationals in Sport is targeted at 13-16 year olds in a school environment. It is available as an Award(L1) and a Certificate(L2), with the Certificate being the same size as a GCSE. They use both internal (teacher assessed) and external (exam board assessed) assessments.

### **What Will You Learn?**

The course unit are:

1. Reducing the risk of sports injuries and dealing with common medical conditions – written paper 1 hour 15 minutes, externally assessed (40%)
2. Applying principles of training: fitness and how it affects skill performance – internally assessed and OCR moderated (40%)
3. Nutrition and sports performance – internally assessed and OCR moderated (20%)

### **Who is This Course For?**

This course is for students who have strong interest in PE and might be considering a career in the sports and active leisure sector, rather than just to participate in sport as recreation. It will give students the opportunity to gain a broad understanding and knowledge of, and develop skills in, the sport sector, e.g. the health and fitness industry or sports leadership.

### **What Happens When You Finish? (Career Pathway)**

This course provides the knowledge, understanding and skills for students to progress to: other level 2 vocational qualifications, level 3 vocational qualifications, such as Cambridge Technicals or BTEC Nationals, academic qualifications, such as A-Level in Physical Education and employment within the sports and active leisure industry such as junior roles working in the health and fitness industry.

