**OCR Sport (Extended Certificate and Extended Diploma Qualification) Study Period Guide – Autumn Term 2022**

**This guide is designed to help students with their independent revision for Year 13 OCR Sport in their study periods this term.**

**Which topics will you be studying?**

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| **Examination Units**  | **Examination Units** |
| **Unit 1 – Body Systems and the effects of Physical Activity** * **Skeletal system (LO1), Muscular system (LO2), Cardiovascular system (LO3), Respiratory system (LO4) and Energy systems (LO5)**

**Unit 3 – Sports Organisation and Development*** **Oganisation of sport in the UK (LO1), Understanding sports development (LO2), How the impact of sports development can be measured (LO3) and Sports development in practice (LO4)**
 | **Unit 4 – Working safely in sport, exercise, health and leisure*** **Emergency procedures (LO1), Health and safety requirements in sport (LO2), Minimising risk in sport (LO3), First aid requirements (LO4) and Safeguarding children and vulnerable adults (LO5)**

**Unit 21 – The business in sport** * **Sport businesses and their organisational structures (LO1), Managing a sports business (LO2), Volunteers supporting sport businesses (LO3), Corporate social responsibility (LO4), Obtaining funding (LO5) and commercialisation (LO6)**
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**Which exam board?**

In this qualification we follow **OCR** exam board. For a detailed look at the specification of the above Units, click the below link

<https://www.ocr.org.uk/Images/258723-body-systems-and-the-effects-of-physical-activity.pdf> (Unit 1)

<https://www.ocr.org.uk/Images/258726-sports-organisation-and-development.pdf> (Unit 3)

<https://www.ocr.org.uk/Images/258727-working-safely-in-sport-exercise-health-and-leisure.pdf> (Unit 4)

<https://www.ocr.org.uk/Images/334648-the-business-of-sport.pdf> (Unit 21)

**What useful revision activities should I be doing?**

* Summarise a lesson in your exercise book using flash cards, posters or a mind map.
* Answer / complete practice exam questions using the questions you have been issued.
* Write a quiz to test a partner on a key topic we have covered.

**Useful Resources:**

* ‘Knowledge Organiser - Unit 1 Body Systems - Skeleton’ – use paper copy or use the copy on ClassCharts
* ‘Learn site’ for Skeletal System <https://www.visiblebody.com/learn/skeleton/types-of-bones>
* Useful Video Clips: <https://www.youtube.com/watch?v=yYEXQbPq5jM>
<https://www.youtube.com/watch?v=DLxYDoN634c>
* Quizlet - <https://quizlet.com/36967058/long-term-short-term-effects-of-exercise-on-the-skeletal-system-flash-cards/>
* Suggested research articles Unit 3: Department for Culture, Media & Sport (DCMS): <https://www.gov.uk/government/organisations/department-for-culture-media-sport>
* UK Sport: <http://www.uksport.gov.uk/>
* National governing bodies of sport (e.g. FA, British Athletics, RFU): <http://www.thefa.com/>
* Students to complete a free first aid course (possibly free of charge) such as the one offered by this website
* <https://www.firstaidforfree.com/>