

# OCR Level 1/2 Cambridge National SPORT SCIENCE



Elite sport has fully embraced sport science and considers every detail of an athlete's training programme, rest time, environment and psychology in the pursuit of excellence. This course offers 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

This qualification is equivalent to one GCSE and you will study 4 units over the two years.

## **UNIT: R041: Reducing the risk of sports injuries (This unit is assessed through a 60 minute exam)**

Taking part in sport and physical activity puts the body under stress. Students will learn how to reduce the risk of injury when taking part in sport through activities such as warm-ups, and knowing how to respond to injuries and medical conditions in a sport setting are all vital skills within the sport and leisure industry.

You will know how to prepare participants to take part in physical activity in a way which minimises the risk of injuries occurring, how to react to common injuries that can occur during sport and how to recognise the symptoms of some common medical conditions, providing a good foundation to undertake formal first aid training and qualifications.

## **UNIT R042: Applying principles of trainings (This unit is assessed through an assignment)**

In the world of team and individual sport, it is vital that coaches keep their performers in peak condition. They do this by regularly monitoring them through fitness tests and by designing bespoke training programmes to suit the type of sport, performance schedule and the individual themselves. High quality training programmes apply principles of training to the requirements of the individual in their development and implementation.

You will learn how to conduct fitness tests, interpret the results and design and evaluate fitness programmes. The OCR-set assignment brings this together through demonstration of this knowledge and skills in a practical task

## **UNIT Unit R043: The body's response to physical activity (This unit is assessed through an assignment)**

Physical activity is essential in maintaining good health. Many careers within the sport, leisure and health industries require employees to have an understanding of how the body changes and responds to physical activity. With this knowledge it is possible to improve body systems to optimise sports performance and promote healthier lifestyles.

By completing this unit, you will understand key aspects of the structure and function of the musculo-skeletal and cardio-respiratory systems and investigate some of the changes which occur to them in response to short and long-term physical activity

**UNIT R044: Sport psychology (This unit is assessed through an assignment)**

In elite sports performance, people often talk about the small details which can make the difference between success and failure. In many cases the participants are of very similar ability and the key factor in success is the ability to perform skills and techniques as effectively under competitive pressure as in training conditions. Most top sports performers work with sports psychologists to assist them in improving their performance and help them to attain the best possible balance between being relaxed and focussed when they are performing under pressure. By completing this unit, learners will look at some of the key elements of sport psychology and use some of the strategies and techniques utilised in pursuit of excellence in sports performance.

**Progression**

This course supports progression into Further Education, GCE AS and A2, OCR Level 3 Cambridge Technical qualifications and further training for employment opportunities (e.g. NVQs in Health, Physical Training Instructor and Coaching).

**For further information please contact Mr Lamb**