

Sport Science KS3 and KS4

What are the aims of the course?

This qualification has been designed with practical and engaging ways of teaching in mind and enables students to:

- Develop a range of skills through involvement in sport and physical activity in different contexts and roles.
- Develop their ability to apply theoretical knowledge to practical situations.
- Gain a better understanding of the complexity of different areas of sport and the sports industry.
- Increase their awareness of different ways to stay involved in sport and physical activity and of different careers and roles within sport.

What is the content of the course?

Elite sport has fully embraced Sport Science and considers every minute detail of an athlete's training programme, rest time, environment and psychology in the pursuit of excellence. This Sport Science qualification offers 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. The specific unit titles are:

Mandatory

- R041 - Reducing the Risk of Sports Injuries
- R042 - Applying Principles of Training

Optional (two units from the four below will be chosen)

- R043 - The Body's Response to Physical Activity
- R044 - Sport Psychology
- R046 - Technology in Sport

What will be assessed during the course?

There is one written exam for the mandatory unit: R041 - Reducing the risk of sports injuries. This is one hour and worth 60 marks. All other units are written or practical assignments that are internally assessed by staff then moderated by OCR. These could be written reports, essays, a practical performance or presentation. We will cover five units over the two years with the best two optional units being used for final assessment.

What equipment will be required?

Students will be expected to bring the appropriate sportswear to practical lessons and, therefore, must have equipment such as football boots etc. In theory lessons, they will be supplied with PE workbooks.

Students interested in this course will select Physical Education as their option and not specifically GCSE PE or Sport Science (OCR Cambridge Nationals). The decision as to which of the two courses a student will ultimately study will be decided by the PE staff. The following will be taken into consideration: academic and practical ability along with the commitment shown by students to participate in sport during their own leisure time.