



## **Cambridge Nationals Sports Studies Level 1/2**

Examination Board: OCR  
Course Specification: J803/J813

### **What is Cambridge Nationals Sports Studies all about?**

You should choose Sports Studies if you love being active and want to find out more about how to improve your performance.

### **Course Structure:**

This course is divided into three sections:

- Written coursework
- Practical coursework
- Theoretical Examination

Within the practical component, students choose 2 sports (one individual sport and one team sport) from a wide range of activities. They are assessed on their performance ability in each area and these marks are put forward to their final grade. The practical assessment is worth 25% of the final mark.

Due to the course comprising of 25% practical assessment students are expected to participate in at least 2 extra-curricular sporting activities across the two year course in order to ensure they meet the standard required for an acceptable practical mark and consequent Cambridge National grade.

Within the written coursework aspect you will study the following units:

- Sport and the Media
- Sport Leadership

This will comprise of written coursework that will be completed predominantly through the use of IT. You will have the chance to discover how media affects sport and participation levels within sport. You will also have the chance to develop your leadership skills within sport. This will include officiating and coaching.

Within the theoretical aspect you will study the following unit:

- Contemporary issue in sport

### **How will I be assessed?**

25% practical coursework, 50% written coursework and 25% theoretical examination. The course looks in depth at current issues within sport. You will need to have an interest in sport within society and be able to use your own examples to illustrate your written work.

### **What could I do next with Cambridge Nationals Sports Studies?**

- BTEC Level 3 in Sport
- Physiotherapist
- Referee/Umpire
- Sports Manager
- Sports Medic
- Sport/Fitness instructor
- Dietician/Nutritionist
- Coach/Trainer
- Teacher