



Cambridge National Sport Science

Introduction and course overview

Over the past few decades, sport has embraced sport science disciplines wholeheartedly. Sport has developed not only on natural talent but also considering every minute detail of an athlete's training programme, rest time, environment and psychology to pursue excellence. The Cambridge Nationals in Sport Science offers learners the opportunity to study key areas of sports science including anatomy and physiology linked to fitness, health, injury and performance, the science of training and application of training principles, and technology in sport and sports performance.

Aims of the course

Cambridge National in Sport Science will encourage students to:

- Understand and apply the fundamental principles and concepts of Sport Science
- Develop learning and practical skills that can be applied to real-life contexts and work situations
- Think creatively, innovatively, analytically, logically and critically
- Develop independence and confidence in using skills that are relevant to the Exercise, Physical Activity, Sport and Health sector and more widely
- Prepare participants for physical activity in ways which keeps them safe as well as learning how to react should injuries happen and how to recognize common medical conditions
- Learn how to conduct fitness tests, including interpreting and feeding back on the data you get from these as well as how to design, implement and evaluate fitness training programmes
- Develop knowledge of either how the body responds to exercise and understand how technology helps inform us of these changes, or a delve into the world of sports nutrition to understand how what we eat can impact our performance in sport
- Develop the skills of team working, research and planning and understand that sports performance goes far beyond just the simple physical movements of the human body.

Method of assessment

R180:Reducing the risk of sports injuries and dealing with common medical conditions

This is assessed through an exam at the end of Year 11. This is worth 40% of your overall grade.

R181:Applying the principles of training: fitness and how it affects skill performance

This is assessed through Coursework in Year 10. This is worth 40% of your overall grade.

R182:The body's response to physical activity and how technology informs this

This is also assessed through coursework. This is worth 20% of your overall grade.



All Saints Catholic College



There are elements of practical in R181 and R182 but predominantly the course is classroom based.

Useful resources and further information

[OCR Level 1/Level 2 Cambridge National in Sport Science specification](#)