

OCR Level 1/2 Cambridge National Certificate in Sport Studies (600/5123/1)

Who is this qualification for?

This qualification is for students aged 14–16 who wish to develop applied knowledge and practical skills in Sports Studies.

What will the student study as part of this qualification?

All students will study two, mandatory, topics. The first topic of study is on contemporary issues in sport. This topic covers:

- issues relating to participation levels including potential barriers to participation
- the promotion of values and ethical behaviour through sport
- the role of high-profile sporting events and features such as legacy, investment, benefits and drawbacks
- the role of national governing bodies in sport and their impact on wider society.

The second topic of study is on developing sports skills. Students will learn how to:

- develop their skills and techniques and improve their use of tactics and strategies in an individual and in a team sporting activity
- apply different practice methods to improve their performance
- officiate in a sporting activity, in a number of different roles.

In addition, students will have a choice of two optional topics to study from a selection covering:

- the planning, delivery and review of a safe and effective sports session through their role as a sports leader
- the relationship between sport and the media, and the positive and negative effects the media can have
- careers in the sports industry, what requirements students will need to access the sector, and how economic, social and health factors impact the sports industry.
- outdoor activities: understanding and appreciating the range of outdoor activities available, being able to plan an outdoor activity, and demonstrate the ability to use skills such as communication, safe practice, and the care and use of equipment when participating in outdoor activity.

What knowledge and skills will the student develop as part of this qualification and how might these be of use and value in further studies?

In the units 'Developing sports skills', 'Sports leadership' and 'Developing knowledge and skills in outdoor activities', students will learn how to apply sport-specific skills, use suitable techniques, and develop the use of appropriate tactics and strategies.

Students will develop planning, delivery and evaluation skills through applying methods to improve performance, and in their role as a sports leader: they will develop skills in setting aims and objectives, and managing risk; learn about delivery styles, adaptation, types of motivation, and appropriate

techniques and tactics for particular performers; and learn how to evaluate what went well, what did not, and how they could improve. Students will also develop transferable skills such as communication, decision making and leadership.

In the units 'Contemporary issues in sport', 'Sport and the media', and 'Working in the sports industry', students will learn about the wider sporting environment.

Students will learn how to assess the benefits and risks of participation in sports and the barriers that might prevent participation. They will learn how the sports industry can be affected by media coverage and by economic, social and health factors and, in doing so, develop skills in independent learning, research and analysis.

Students will be able to utilise transferable skills such as communication, decision making and research and analysis, within other areas of study. The knowledge that students acquire through this qualification will provide a valuable foundation if students want to progress on to a career in sport.

Which subjects will complement this course?

The Cambridge National Certificate in Sport is equivalent in size to a GCSE and will take 120 guided learning hours (GLH) to deliver.

The qualification is complemented by a wide range of GCSEs, including Biology, Sociology, Chemistry, Maths and English. It can also be delivered alongside other vocational courses in subjects such as ICT and Health and Social Care.

This qualification is part of a larger suite of Level 1/2 Cambridge Nationals in Sports Studies. The suite consists of this Certificate and an Award.

The Award is 60 GLH, which is only half of the time it takes to deliver a GCSE and made up of only two topics. The two topics are the same as those required for the Certificate, which are, 'Contemporary issues in sport' and 'Developing sports skills', will give a student an introduction to the social, economic and cultural impacts of sport and how sport is organised in the UK. It is designed to be taken alongside other qualifications. The two topics covered in the Award also meet aspects of National Curriculum for Physical Education Key Stage 4 by teaching learners to develop, improve and evaluate their own technique, performance, tactics and strategies in sport and physical activity.

This suite is also part of a wider suite of Level 1/2 Cambridge Nationals Sport qualifications that also includes the Level 1/2 Cambridge Nationals in Sports Science, which focuses on the impact of sport on the human body and how different fields of science can be used to enhance sports performance.

Schools and Colleges should note that the Certificate-sized qualification is the only qualification in this suite that is eligible for inclusion in Performance Tables.