

# Your guide to the changes for 2021

Following [Ofqual's consultation](#) on arrangements for the assessment of VTQs in 2020/21, we've reviewed units in our Cambridge Nationals and Cambridge Technicals being taken this academic year to provide specific guidance at qualification and unit level on changes to requirements or alternative approaches to support public health guidance.

Our changes are designed to make units to be taken in 2020/21 possible to complete, given the constraints you are all working with, and to make sure that the learning outcomes and assessment criteria can still be met.

We understand that the current disruption continues to change and also varies across regions, so our guidance gives acceptable alternatives you can consider when delivering units in your school /college while following the public health guidance.

Please use the [specification and assignments](#) available on our website, alongside this document, to plan and carry out assessment in 2020-21.

## Overview of changes for R042

Unit number	Unit title	Mandatory (M)/ Optional (O)
R042	Applying principles of training	M

### Which element(s) of the unit are affected?

**LO3:** Candidates need to administer fitness tests and record and interpret results. Due to social distancing guidelines, they may not be able to use certain pieces of equipment for the tests that they have done historically. They then need to use these results to produce a training programme for LO4.

**LO4:** Candidates must undertake a fitness training programme related to the interpretation of the results from LO3. They may not have access to a fitness suite. They may not be able to focus on the results obtained from the fitness tests.

### What adaptations are possible for this unit?

**LO3:** Adapting the choice of tests undertaken or interpreting a set of results/data that the centre provides.

**LO4:** Adapting the training programme to work with the facilities they have access to.

## What has changed?

What has changed	Detail
<b>Tasks</b>	<p><b>Learning Outcome 3: Be able to conduct fitness tests</b></p> <ul style="list-style-type: none"> <li>Choose the fitness tests mentioned in the specification that do not need specialist equipment. Alternatively, choose alternative fitness tests to those mentioned in the specification, which do not need specialist equipment.</li> </ul> <p>If the above is not possible, candidates can:</p> <ul style="list-style-type: none"> <li>produce written descriptions of the tests and how to conduct them, and</li> <li>then be given a set of data to interpret to complete LO4. This data could be that obtained by previous candidates. The centre should offer several data sets to make sure that candidates are not all interpreting the same data.</li> </ul> <p><b>Learning Outcome 4: Be able to develop fitness training programme</b></p> <p>An introduction which includes:</p> <ul style="list-style-type: none"> <li>what the focus of the programme should be, ideally based on the results obtained in LO3, and</li> <li>reasons why the programme differs from these results, where relevant.</li> <li>A training programme which needs minimal or no equipment.</li> <li>A training programme which includes some elements which can be performed outdoors.</li> </ul> <p>Centres must ensure the following is provided in the sample documents, to aid moderation.</p> <ul style="list-style-type: none"> <li>Clear details of how any tasks (or elements of tasks) have been adapted.</li> <li>Identification of which parts of the assessment any adaptation relates to.</li> </ul>
<b>Centre guidance/assessment guidance</b>	There are no changes to how you should apply the marking criteria.
<b>Considerations for moderation</b>	Moderators will be aware of adaptations allowed.

## Overview of changes for R043

Unit number	Unit title	Mandatory (M)/ Optional (O)
R043	The body's response to physical activity	O

### Which element(s) of the unit are affected?

**LO3:** Candidates need to measure and record the physiological adaptations (changes in heart rate, breathing rate; build-up of lactic acid etc.) that occur when someone does a single bout of exercise and then describe/explain these adaptations. Candidates may not be able to use the equipment required to gather the necessary data.

**LO4:** Candidates need to measure and record the physiological adaptations (changes in flexibility, heart rate, breathing rate etc.) that occur as a result of someone doing a programme of exercise over a period of time and then describe/explain these adaptations. Candidates may not be able to use the equipment required to gather the necessary data.

### What adaptations are possible for this unit?

**LO3:** Interpreting a set of results/data provided by the centre.

**LO4:** Interpreting a set of results/data provided by the centre.

### What has changed?

What has changed	Detail
Tasks	<p><b>Learning Outcome 3: Be able to assess the short-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems</b></p> <ul style="list-style-type: none"> <li>A candidate could supervise and direct a competent person to complete a suitable exercise activity and, for example, direct them to measure their own pulse rate. The candidate could visually observe and record some of the outcomes, such as counting breathing rate, sweating, redness in face.</li> <li>If the above is not possible, candidates could produce written descriptions of how to measure and record the short-term effects of physical activity. Candidates could be given a set of results by the centre and use them to explain the physiological adaptations, without having to conduct the tests.</li> <li>The data they are given could be results obtained by previous candidates.</li> <li>The centre should provide several data sets to make sure that candidates are not all interpreting the same data.</li> </ul> <p><b>Learning Outcome 4: Be able to assess the long-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems</b></p> <ul style="list-style-type: none"> <li>Candidates could be given a set of results by the centre to use to explain the physiological adaptations without having to actually conduct the tests.</li> <li>The sets of data given could be the results obtained by previous candidates.</li> <li>The centre should provide several data sets to make sure that candidates are not all interpreting the same data.</li> <li>Centres must provide the following in the sample documents to help moderation: <ul style="list-style-type: none"> <li>Clear details of how any tasks (or elements of tasks) have been adapted.</li> <li>Identification of the parts of the assessment that any adaptation relates to.</li> </ul> </li> </ul>

What has changed	Detail
<b>Centre guidance/assessment guidance</b>	There are no changes to how you should apply the marking criteria.
<b>Considerations for moderation</b>	Moderators will be aware of adaptations allowed.

## Overview of changes for R044

Unit number	Unit title	Mandatory (M)/ Optional (O)
R044	Sports Psychology	O

### Which element(s) of the unit are affected?

**LO5:** In the second part of the task, candidates need to review the performance of the athlete that they have produced psychological strategies for. This is to see if they have had an impact on the athlete's performance levels.

This may be difficult if:

- the athlete the programme has been designed for is not able to compete under normal circumstances, and
- the candidate who produced the plan is not able to watch their performance.

### What adaptations are possible for this unit?

**LO5:** Implementing sports psychology strategies on a set of results/data provided by the centre.

### What has changed?

What has changed	Detail
<b>Tasks</b>	<p><b>Learning Outcome 5: Be able to apply sport psychology strategies to enhance sport performance</b></p> <ul style="list-style-type: none"> <li>• Rather than having to review an actual peer, the candidates could be given some data for an athlete before the sports psychology strategies are implemented and then produce a plan based on these. The centre could then review this to provide feedback/data indicating how successful the planned programme would have been if put into practice. The candidate could then produce a report on how effective the strategies had been.</li> <li>• The sets of data given could be the results obtained by previous candidates.</li> <li>• The centre should provide several data sets to make sure that candidates are not all interpreting the same data.</li> </ul> <p>Centres must provide the following in the sample documents to help moderation</p> <ul style="list-style-type: none"> <li>• Clear details of how any tasks (or elements of tasks) have been adapted.</li> <li>• Identification of the parts of the assessment that any adaptation relates to.</li> </ul>
<b>Centre guidance/assessment guidance</b>	There are no changes to how the marking criteria should be applied.
<b>Considerations for moderation</b>	Moderators will be aware of adaptations allowed.

## Support

OCR's team of expert Subject Advisors has created videos, webinars, and other resources to guide you through these changes and help you prepare your students for their exams in summer 2021.

These resources can be found on [the qualification page on our website](#).

## Contact us

If you would like to contact us, you can do so at:

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