

It's easy to join us

Moving to Cambridge National in Sport Studies (J829) from BTEC Tech Award in Sport (2022)

Are you currently teaching BTEC Tech Award in Sport?

This short guide will take a look at our Cambridge National in Sport Studies, show you how it compares to the BTEC and how you can easily move to teaching our specification.

Developed with the support of teachers our Cambridge National in Sport Studies has lots of key benefits for teachers and students.

Your students will:

- develop learning and practical skills that can be applied to real-life contexts and work situations as well as the independence and confidence to do this well
- understand topical and contemporary issues in sport, for example:
 - why people do and do not participate in sport
 - the promotion of ethics and values
 - the roles National Governing Bodies and high profile events have in sport
 - how technology is used within sport, etc.
- be empowered to think creatively, innovatively, analytically, logically and critically so work completed is not just repeated, the reasons behind it are understood
- develop the skills to research, plan, write reports and programmes as well as evaluate both performance and their own skill as a leader
- take all of the above building blocks forward to their next level of study or into the work place.

Our specification offers:

- two mandatory units that contain key knowledge beneficial for working in the Sports industry in a variety of roles
- one externally assessed unit (R184) that focuses on knowledge and understanding
- one mandatory skills based, non-examined assessment unit, R185
- a choice of one from two optional skills based, non-examined assessment units, R186 and R187
- clearly laid out content with depth and breadth of knowledge exemplified
- a relevant curriculum to help you develop and apply your knowledge and understanding of both theoretical concepts as well as practical performance
- content that takes you on a learning journey through the world of Sport Studies, helping you to develop not only your sports knowledge, but your transferable skills which will be invaluable within the work place.

About our Cambridge Nationals suite

We believe in developing specifications that help you bring the subject to life and inspire your students to achieve more.

We've created teacher-friendly specifications based on extensive research and engagement with the teaching community. They're designed to be straightforward and accessible so that you can tailor the delivery of the course to suit your needs.

You may be interested in this qualification if you want an engaging qualification where your students will use their learning in practical, real-life situations.

We offer a range of support services to help you at every stage, from preparation to delivery:

- **textbooks and teaching and learning resources from leading publishers.** For details of all the published resources that we endorse, check the [Cambridge Nationals page](#) on our website
- **free OCR resources** to help you plan your teaching and get your students **ready for assessment**
- an extensive **range of free professional development courses** covering everything from getting started to hands-on assessment practice. There are also regular Q&A opportunities with moderators and examiners. To find out more, visit our [professional development page](#)
- [Active Results](#): our **free results analysis service** to help you review the performance of individual students or whole school
- [ExamBuilder](#): our **free question-building platform** that helps you to build your own tests using past OCR exam questions
- **expert Subject Advisors** who are part of their subject communities and here to support you with advice, updates on resources, and information about training opportunities.

**Building
a future
for *all*
your
students**

At a glance specification comparison

	Cambridge National in Sport Studies	BTEC Tech Award in Sport (2022)
Structure	<p>For this qualification, students must achieve three units: one externally assessed and two Non Examined Assessment (NEA) units</p> <p>120 GLH</p> <p>Two mandatory units – R184 - Contemporary issues in sport (48 GLH)</p> <p>and</p> <p>R185 - Performance and leadership in sports activities (48 GLH)</p> <p>And one other optional unit from – R186 - Sport and the media (24 GLH)</p> <p>R187 - Increasing awareness of Outdoor and Adventurous Activities (24 GLH)</p>	<p>For this qualification, students must achieve three components: one externally assessed and two Non Examined Assessment (NEA) units</p> <p>120 GLH</p> <p>Three mandatory units – Component 1: Preparing Participants to Take Part in Sport and Physical Activity (36 GLH)</p> <p>and</p> <p>Component 2: Taking Part and Improving Other Participants Sporting Performance (36 GLH)</p> <p>and</p> <p>Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity (48 GLH)</p>
Grading	<p>All results are awarded on the following scale:</p> <p>Level 2 Distinction* (*2)</p> <p>Level 2 Distinction (D2)</p> <p>Level 2 Merit (M2)</p> <p>Level 2 Pass (P2)</p> <p>Level 1 Distinction (D1)</p> <p>Level 1 Merit (M1)</p> <p>Level 1 Pass (P1)</p> <p>Unclassified (U or u)</p>	<p>All results are awarded on the following scale:</p> <p>Level 2 Distinction* (L2D*)</p> <p>Level 2 Distinction (L2D)</p> <p>Level 2 Merit (L2M)</p> <p>Level 2 Pass (L2P)</p> <p>Level 1 Distinction (L1D)</p> <p>Level 1 Merit (L1M)</p> <p>Level 1 Pass (L1P)</p> <p>Unclassified (U or u)</p>

Cambridge National in Sport Studies

BTEC Tech Award in Sport (2022)

<p>Assessment</p>	<p>R184 (M) Externally assessed written paper – Exam of 1 hour 15 minutes</p> <p>R185 (M) Internally assessed and moderated by OCR 48 Guided Learning Hours</p> <p>R186 (O) Internally assessed and moderated by OCR 24 Guided Learning Hours</p> <p>R187 (O) Internally assessed and moderated by OCR 24 Guided Learning Hours</p>	<p>Component 1 (M): Internally and externally moderated by Pearson 36 Guided Learning Hours</p> <p>Component 2 (M): Internally and externally moderated by Pearson 36 Guided Learning Hours</p> <p>Component 3 (M): Externally assessed written paper – Exam of 1 hour 30 minutes 48 Guided Learning Hours</p>
<p>Administration</p>	<p>There are two assessment series available each year in January and June to all students for all units</p> <p>Exams officer responsible for entries</p> <p>Internal assessments to use assignments set by OCR</p> <p>OCR-set assignments for non-examined assessed (NEA) units are live for one year with the exception of R185. Candidates have one resubmission opportunity. Resubmission of the same work must be in a series that falls in the live assessment dates for the assignment on which the work is based. All resubmissions must be based on the assignment that is live for the submission series. See the specification for more detail.</p> <p>Familiar administration for exam officers used to GQ arrangements</p>	<p>External assessments for this qualification are available twice a year in January/February and May/June.</p> <p>Learners are permitted to have one resit of an external assessment prior to certification by taking a new assessment.</p> <p>Pearson set assignments for non-examined assessed (NEA) units released twice a year.</p> <p>Following submission of marks for moderation, there is no further opportunity to resubmit improved evidence based on the same completed assignment. Learners may be offered a single retake opportunity in a later assessment series using the new Pearson-set Assignment released for that assessment series.</p>

Comparing assessment models

Cambridge National in Sport Studies	BTEC Tech Award in Sport (2022)
<p>Mandatory</p> <p>Unit R184: Contemporary issues in sport</p> <p>70 marks (80 UMS)</p> <p>48 GLH</p> <p>1 hour 15 minute written examination</p> <p>OCR set and marked</p>	<p>Mandatory</p> <p>Component 1: Preparing Participants to Take Part in Sport and Physical Activity</p> <p>60 marks (90 UMS)</p> <p>36 GLH</p> <p>Pearson set assignment</p> <p>This assignment consists of three tasks</p> <p>Marked by centre, moderated by Pearson</p>
<p>Mandatory</p> <p>Unit R185: Performance and leadership in sports activities</p> <p>80 marks (80 UMS)</p> <p>48 GLH</p> <p>OCR set assignment</p> <p>This set assignment contains five practical tasks</p> <p>Centre assessed and OCR moderated</p>	<p>Mandatory</p> <p>Component 2: Taking Part and Improving Other Participants Sporting Performance</p> <p>60 marks (90 UMS)</p> <p>36 GLH</p> <p>Pearson set assignment</p> <p>This assignment consists of four tasks</p> <p>Marked by centre, moderated by Pearson</p>
<p>Optional</p> <p>Unit R186: Sport and the media</p> <p>40 marks (40 UMS)</p> <p>24 GLH</p> <p>OCR set assignment</p> <p>This set assignment contains three practical tasks</p> <p>Centre assessed and OCR moderated</p>	<p>Mandatory</p> <p>Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity</p> <p>60 marks (120 UMS)</p> <p>48 GLH</p> <p>1 hour 30 minute written examination</p> <p>Pearson set and marked</p>

Optional**Unit R187: Increasing awareness of Outdoor and Adventurous Activities**

40 marks (40 UMS)

24 GLH

OCR-set assignment

This set assignment contains four practical tasks

Centre assessed and OCR moderated

Next steps

If you are an OCR-approved centre, all you need to do is download the specification and start teaching. Your exams officer can complete an intention to teach form which enables us to provide appropriate support. When you're ready to enter your students, you just need to speak to your exams officer. (Section 7.5 of the specification gives more detail on entries and the requirements for making them.)

J829 Cambridge National in Sport Studies
Made up of three units:

- Units R184 and R185
- And one other unit from R186 and R187.

For full details please see section 5.1 of the specification.

Unit R184 is examined.

Units R185, R186 and R187 are centre assessed and moderated.

This specification has two series of assessment availability, each January and June, and does contain a terminal rule for the externally assessed unit. For full details please see section 7.1 and 7.2 of the specification.

1. Get to know the specification, sample assessment materials and teaching resources on the [Cambridge National in Sport Studies web page](#).
2. Sign up to receive subject [updates by email](#).
3. Sign up to attend a [training event](#) or take part in a webinar on specific topics running throughout the year and our Q&A webinar sessions every half term.



Really like the practical assessments and that students learn a lot of transferable skills that they can put on their CVs.



And finally...

Detailed comparison of units

Cambridge National in Sport Studies	BTEC Tech Award in Sport (2022)		
Unit R184 Contemporary issues in sport Mandatory 70 marks (80 UMS) 48 GLH 1 hour 15 minute written examination OCR set and marked	Component 1	Component 2	Component 3

This is not comparable with any aspect of the BTEC qualification

Cambridge National in Sport Studies			BTEC Tech Award in Sport (2022)		
Unit R185 Performance and leadership in sports activities Mandatory 80 marks (80 UMS) 48 GLH OCR set assignment This set assignment contains five practical tasks Centre assessed and OCR moderated			Component 1	Component 2	Component 3
Topic Area 1: Key components of performance	1.1	Performance in two selected activities		x	
	1.2	Participating in your activities		x	
	1.3	Decision-making during performance		x	
	1.4	Managing and maintaining performance in individual activities		x	
	1.5	Your role and contribution to team activities		x	
Topic Area 2: Applying practice methods to support improvement in a sporting activity	2.1	Strengths and weaknesses of sports performance		x	
	2.2	Methods to improve performance		x	x
	2.3	Measuring improvement in performance		x	x
Topic Area 3: Organising and planning a sports activity session	3.1	Organisation of a sports activity session	x	x	
	3.2	Safety considerations when planning a sports activity session	x	x	
	3.3	Objectives to meet the needs of the group	x	x	
Topic Area 4: Leading a sports activity session	4.1	Organisation of a sports activity session	x	x	
	4.2	Leading a sports activity session	x	x	
Topic Area 5: Reviewing your own performance in planning and leading a sports activity session	5.1	Review your leadership of a sports activity session		x	

Cambridge National in Sport Studies	BTEC Tech Award in Sport (2022)		
Unit R186 Sport and the media Optional 40 marks (40 UMS) 24 GLH OCR set assignment This set assignment contains three practical tasks Centre assessed and OCR moderated	Component 1	Component 2	Component 3

This is not comparable with any aspect of the BTEC qualification

Cambridge National in Sport Studies	BTEC Tech Award in Sport (2022)		
Unit R187 Increasing awareness of Outdoor and Adventurous Activities Optional 40 marks (40 UMS) 24 GLH OCR set assignment This set assignment contains four practical tasks Centre assessed and OCR moderated	Component 1	Component 2	Component 3

This is not comparable with any aspect of the BTEC qualification

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