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| **OCR Level 1/Level 2 Cambridge National in Sport Science** |
| Qualification J828  Unit R182 |
| Unit Recording Sheet |



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| Please read the instructions printed at the end of this form. A Unit Recording Sheet must be completed for each candidate and unit. | | | | | | |
| Unit Title | The body’s response to physical activity and how technology informs this | | Unit Code | R182 | Session | Choose an item. | Year | 2 | 0 |  |  |
| Centre Name | |  | | | | Centre Number | |  | | | |
| Candidate Name | |  | | | | Candidate Number | |  | | | |

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| Marking Criteria | | | Teacher Comments | Mark | Page No. |
| **Task 1 – Topic Area 1: The cardio-respiratory system and how the use of technology supports different types of sports and their intensities**  **Topic Area 2: The musculo-skeletal system and how the use of technology supports different types of sports and their movements**  **Topic Area 3: Short-term effects of exercise on the cardio-respiratory and musculo-skeletal systems** | | |  |  |  |
| **MB1: 1 - 4 marks** | **MB2: 5 - 8 marks** | **MB3: 9 - 12 marks** |
| Gives a **basic** outline of thetechniques used to gather cardio-respiratory and musculo-skeletal systems data before and after completing their training activity. Supported with **limited** data.  **Briefly** outlines short-term responses of both the cardio-respiratory and musculo-skeletal systems to the training activity. Gives **limited** or no explanation of why these have occurred.  **Briefly** outlines what benefits these short-term responses could make to their performance in their selected sport activity.  **[1 2 3 4]** | **Adequately** describes thetechniques used to gather cardio-respiratory and musculo-skeletal systems data before and after completing their training activity. Supported with an **adequate** rangeof datashowing **some** of the changing variables.  **Sound** links are made between the intensity of the training activities, and the short-term responses of both the cardio-respiratory and musculo-skeletal systems. Gives **some** explanation of why these have occurred.  **Adequately** explains what benefits these short-term responses could make to their performance in their selected sport activity.  **[5 6 7 8]** | **Comprehensively** describes thetechniques used to gather cardio-respiratory and musculo-skeletal systems data before and after completing their training activity. Supported with **a wide** **range** of data **clearly** showing **all** the changing variables.  **Complex** links are made between the intensity of the training activities, and the short-term responses of both the cardio-respiratory and musculo-skeletal systems. **Comprehensively** discusses why these have occurred.  **Clearly** explains what benefits these short-term responses could make to their performance in their selected sport activity.  **[9 10 11 12]** |
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| **Task 2 – Topic Area 1: The cardio-respiratory system and how the use of technology supports different types of sports and their intensities**  **Topic Area 2: The musculo-skeletal system and how the use of technology supports different types of sports and their movements**  **Topic Area 4: Long-term effects of exercise on the cardio-respiratory and musculo-skeletal systems** | | |  |  |  |
| **MB1: 1 - 4 marks** | **MB2: 5 - 8 marks** | **MB3: 9 - 12 marks** |
| The long-term effects of exercise on the cardio-respiratory and musculo-skeletal systems are **briefly** described and are supported with **basic** examples from their selected sport activity.  Outlines **few** adaptations and makes **basic** suggestions as to why they have occurred, using **limited** examples from their selected sport activity.  **Limited** discussion of the long-term benefits and/or drawbacks to them in their selected sport activity.  **[1 2 3 4]** | The long-term effects of exercise on the cardio-respiratory and musculo-skeletal systems are **adequately** discussed and supported with a **range** of examples from their selected sport activity.  Describes **some** adaptations and provides **some** explanation as to why they have occurred, using a **range** of examples from their selected sport activity.  **Adequately** discussesthe long-term benefits and drawbacks to them as a performer, using a **range** of examples from their selected sport activity.  **[5 6 7 8]** | The long-term effects of exercise on the cardio-respiratory and musculo-skeletal systems are **comprehensively** discussed and supported with a **wide range** of well-developed examples from their selected sport activity.  Describes **in detail** adaptations and provides **clear** explanations why they have occurred, using a **wide range** of **well-developed** examples from their selected sport activity.  Discusses in **detail** the long-term benefits and drawbacks of the adaptations to them as a performer, using a **wide range** of examples from their selected sport activity.  **[9 10 11 12]** |
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| **Task 3 – Topic Area 1: The cardio-respiratory system and how the use of technology supports different types of sports and their intensities** | | |  |  |  |
| **MB1: 1 - 3 marks** | **MB2: 4 - 7 marks** | **MB3: 8 - 10 marks** |
| **Briefly** outlines a type of technology that provides them as a performer **or** their coach with information regarding the cardio-respiratory system during training and participation in their selected activity.  **Briefly** outlines how the technology can maximise benefits **and/or** minimise drawbacks for long-term participation in their selected activity.  **[1 2 3]** | **Adequately** describes a **range** of technology and the information it provides them as a performer **and/or** their coach with information regarding the cardio-respiratory system to support them during training and participation in their selected activity.  **Adequately** explains how the technology can maximise benefits **and** minimise drawbacks for long-term participation in their selected activity.  **[4 5 6 7]** | **Comprehensively** describes how a **wide range** of technology provides them as a performer **and** their coach with information regarding the cardio-respiratory system to support them during training and to maximise participation in their selected activity.  **Fully** explains how the technology can maximise benefits **and** minimise drawbacks for long-term participation in their selected activity.  **[8 9 10]** |
| **/10** |

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| **Task 3 – Topic Area 2: The musculo-skeletal system and how the use of technology supports different types of sports and their movements** | | |  |  |  |
| **MB1: 1 - 2 marks** | **MB2: 3 - 4 marks** | **MB3: 5 - 6 marks** |
| **Briefly** outlines a type of technology that provides them as a performer **or** their coach with information regarding the musculo-skeletal system during training and participation in their selected activity.  **Briefly** outlines how the technology can maximise benefits **and/or** minimise drawbacks for long-term participation in their selected activity.  **[1 2]** | **Adequately** describes a **range** of technology and the information it provides them as a performer **and/or** their coach with information regarding the musculo-skeletal system to support them during training and participation in their selected activity.  **Adequately** explains how the technology can maximise benefits **and** minimise drawbacks for long-term participation in their selected activity.  **[3 4]** | **Comprehensively** describes how a **wide range** of technology provides them as a performer **and** their coach with information regarding the musculo-skeletal system to support them during training and to maximise participation in their selected activity.  **Fully** explains how the technology can maximise benefits **and** minimise drawbacks for long-term participation in their selected activity.  **[5 6]** |
| **/6** |
| **Total** | | | | /**40** |  |

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| Please tick to confirm this work has been standardised internally |  |

Please note: This form may be updated on an annual basis. The current version of this form will be available on the OCR website ([www.ocr.org.uk](http://www.ocr.org.uk)).   
A Centre Authentication form (CCS160) **must** be completed for each submission to the moderator. This **must** be held in your centre to be available on request at centre inspection.

Guidance on Completion of this Form

1 One form should be used for every candidate.

2 Please make sure that all parts of the form are completed.

3 Please enter specific page numbers where evidence can be found in the portfolio, and where possible, indicate to which part of the text in the mark band the evidence relates.

4 Circle/highlight the mark awarded for each strand of the marking criteria in the appropriate box.

5 Enter the circled/highlighted mark in the 'Mark' column.

6 Add the marks for the strands together to give a total out of 40. Enter this total in the relevant box.

7 For Paper-based submissions, one of these sheets, suitably completed, should be attached to the assessed work of each candidate.

8 For Electronic Internal submissions, prior to submitting ‘candidate evidence’ to OCR (via the Repository/SfA or via a USB), the Centre should add a separate folder containing the Unit Recording Sheets.