

OCR CAMBRIDGE NATIONAL SPORTS STUDIES



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OCR
Oxford Cambridge and RSA



Your KS4 Qualification.

OCR Cambridge National Certificate in Sport Studies



Equivalent to 1 Full GCSE



Sport Studies The 3 Units studied:

Mandatory Units Studied:

R184 - Contemporary Issues in Sport (1 hour 15 mins exam)

- You will sit this exam in the summer term of Year 11

R185 – Performance and leadership in sports activities

- This is a coursework based unit, where you will do some practical and some written coursework

Additional unit:

R187: Increasing awareness of outdoor and adventurous activities

Units R185 and R187 are coursework units where you will complete a variety of written assignments and some practical activities



R184 - Contemporary Issues in Sport

In this unit you will learn about a range of topical and contemporary issues in sport, relating to; participation levels and barriers, promotion of values and ethical behaviour, the role of high-profile sporting events, the role of national governing bodies and how technology is used within sport

You sit a 1 hour 15 mins exam which is marked by the Exam Board in the summer term of Year 11.

TA1 – Issues which affect participation in sport

TA2 – The role of sport in promoting values

TA3 – The implications of hosting a major sport event for a city or country

TA4 – The role National Governing Bodies (NGBs) play in the development of their sport

TA5 - The use of technology in sport



R185 – Performance and leadership in sports activities

In this unit you will learn how to develop your skills as both a performer, in two different sporting activities, and as a leader in one activity. As a leader you will have the opportunity to plan, lead and review safe and effective sporting activity sessions yourself.

TA1 – Key components of performance

TA2 – Applying practice methods to support improvement in a sporting activity.

TA3 – Organising and planning a sports activity session.

TA4 – Leading a sports activity session

TA5 - Reviewing your own performance in planning and leading a sports activity session



R187 - *Increasing awareness of Outdoor and Adventurous Activities*

In this unit you will learn how to find out information about what opportunities there are in your local area, as well as nationally in the UK, for all different types of activities. You will learn how you can benefit from and enjoy activities safely by finding out what equipment, clothing, facilities and technology you need, as well as completing planning to help keep you safe.

TA1: Provision for different types of outdoor and adventurous activities in the UK Teaching content Exemplification

TA2: : Equipment, clothing and safety aspects of participating in outdoor and adventurous activities

TA3: Plan for and be able to participate in an outdoor and adventurous activity

TA4: Evaluate participation in an outdoor and adventurous activity

Any Questions?

Please contact Mrs
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