

Key Stage 4

OCR Cambridge National Level 2 Sport Science

Elite sport has embraced sport science disciplines wholeheartedly in the past few decades, moving from a perspective which assumed the primacy of natural talent in producing outstanding performance, to one which considers every detail of an athlete's training programme, rest time, environment and psychology in the pursuit of excellence. The Cambridge Nationals in Sport Science offer students the opportunity to study key areas of sport science including anatomy and physiology linked to fitness, health, injury and performance; the science of training and application of training principles, and psychology in sport and sports performance,

What aspects of sport will I study?

Unit 1 – Reducing the risk of sports injuries (externally set Examination B).

- By completing this unit, learners will know how to prepare participants to take part in physical activity in a way which minimises the risk of injuries occurring, how to react to common injuries that can occur during sport and how to recognise the symptoms of some common medical conditions, providing a good foundation to undertake formal first aid training and qualifications.

Unit 2 – Applying principles of training

- Learners will develop knowledge and understanding of the principles and methods of training and the application of these in the design of training programmes along with practical skills in fitness testing.

Unit 3 – Sports Psychology

- Within this unit, learners will look at some of the key elements of sports psychology and use some of the strategies and techniques utilised in pursuit of excellence in sports performance.

Unit 4 – Sports Nutrition

- Throughout this unit, students will consider the composition of a healthy, balanced diet. They will also consider the necessity of certain nutrients quantities and the effects of a poor diet. They will reflect upon the role that diet plays in different sports and activities, and use the knowledge gained to produce an appropriate, effective diet plan for a performer.