

# OCR Sports Studies



The OCR Level 1/Level 2 Cambridge National in Sports Studies is tailored for students with a strong passion for sports. This course aims to deepen knowledge, understanding, and practical skills relevant to exercise, physical activity, sports, & health industries.

## Who would this course suit?

You may be interested in this if you want an engaging qualification where you will use your learning in practical, real-life situations, such as:

- Understanding contemporary issues in sports and how they impact different activities.
- Applying your skills as both a performer in two different sporting activities and as a leader in one sporting activity.
- How to be a sports leader by using your initiative to solve problems and making decisions when dealing with rapidly changing conditions and situations
- Understanding the relationship between sport and the media.
- How to evaluate and interpret the different ways in which the media represent sport.

## How would this course support your future?

This course will help you develop independence and confidence in using skills relevant to exercise, physical activity, sports, and health. The qualification will also help you to develop learning and skills that can be used in other life and work situations, such as:

- Completing research and working cohesively with others
- Planning training programmes, writing reports and delivering bespoke presentations
- Evaluating and making recommendations to help improve performance
- Leadership skills
- Healthy living and lifestyle skills.

This qualification will complement other learning that you're completing for GCSEs or vocational qualifications at Key Stage 4 & help to prepare you for further study.

## How will you be assessed?

- Sport and the media (Coursework in Year 11)
- Contemporary sports issues (Year 11 exam)
- Performance & leadership in sports activities (Year 10 coursework and assessment)

