

Cambridge Nationals

Level 1/2 Sport Science

Outline of the course:

- 3 Units
- 2 x Mandatory units and 1 x optional unit
- Mandatory units have greater weighting on final grade.
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Unit R180: Reducing the risk of sports injuries and dealing with common medical conditions = Externally assessed exam

2 other units are assignment based and internally assessed.



- Exam
- Reducing the risk of sports injuries and dealing with common medical conditions.
- One hour 15 minutes written paper.
- Sat in Year 10
- Opportunity to retake in Year 11.
- 1 retake allowed.
- Pupils must pass the exam to stay on the Level 2 qualification.

Units studied:

Exam Unit – Reducing the risk of sports injuries and dealing with common medical conditions.

Unit R181: Applying the principles of training: fitness and how it affects skill performance

Unit R182 (Optional): The body's response to physical activity and how technology informs this

or

Unit R183 (Optional): Nutrition and sports performance

Useful links:

<https://www.ocr.org.uk/qualifications/cambridge-nationals/sport-science-level-1-2-j828/>



[ocr.org.uk/cambridgenationals](https://www.ocr.org.uk/cambridgenationals)



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