

PHYSICAL EDUCATION

OCR CAMBRIDGE NATIONALS LEVEL1/2 IN SPORTS SCIENCE

Reducing the Risks of sports injuries and dealing with medical	Applying the principles of training: fitness and how it affects skill performance	The body's response to physical activity and how technology informs this
EXTERNAL EXAM	COURSEWORK	COURSEWORK
Different factors which influence the risk and severity of injury	Components of fitness applied in sport	The cardio-respiratory system and how the use of technology supports different types of sports and their intensities
Warm up and cool down routines	Principles of training in sport	The musculo-skeletal system and how the use of technology supports different types of sports and their movements
Different types and causes of sports injuries	Organising and planning a fitness training programme	Short-term effects of exercise on the cardio-respiratory and musculoskeletal systems
Reducing risk, treatment and rehabilitation of sports injuries and medical conditions	Evaluate own performance in planning and delivery of a fitness training programme	Long-term effects of exercise on the cardio-respiratory and musculoskeletal systems
Causes, symptoms and treatment of medical conditions		

This qualification is suitable for students wanting to develop applied knowledge and practical skills in Sport Science and who want to progress onto other related study, such as qualifications in Sports, Physical Education or Science areas.

All results are awarded on the following scale. The table shows the GCSE grade equivalent

CAMBRIDGE NATIONALS	GCSE
Distinction*	9
Distinction	8
Merit	7
Pass	6
	5
	4
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Distinction	3
Merit	2
Pass	1