



OCR Cambridge National (Level 1/2) Certificate in Sports Science

what's it all about?



SPORT
Level 1/2





This is a Vocational Qualification

Vocational qualifications are **work-related** qualifications.

They are designed to enable you to acquire knowledge and skills that you would need in a particular job, e.g. working as a:

- Fitness Instructor,
- PE teacher,
- Personal Trainer,
- Sports Coach,
- Physiotherapist,
- Sports Therapist,
- Nutritionist etc.



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<https://www.ocr.org.uk/Images/82069-summary-brochure.pdf>



You will Study 4 Units:

Year 10:

R045: Sports Nutrition.

**R041: Risk of Sports Injury
(Externally examined unit).**

Year 11:

R042: Applying principles of training.

R043: Body's response to exercise.



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Cambridge National

Understanding Your Grade

Grade	D2*	D2	M2	P2	D1	M1	P1
GCSE level	9/8	7	6	5/4	3	2	1
/60	54/60	48/60	42/60	36/60	30/60	24/60	18/60
%	90%	80%	70%	60%	50%	40%	30%



Assignments and Classwork

All work on the examined unit is completed in exercise books.

All assignment tasks for the 3 internally assessed units are written using Google Docs.

All class and homework tasks are set on Google Classroom.



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This can be accessed/viewed via the link on the PE curriculum page on the school website.

The screenshot shows the website for Blessed Edward Oldcorne Catholic College. At the top, the school's name and crest are displayed, along with social media icons for Facebook and Twitter. A dark navigation bar contains the following menu items: Home, About Us, Catholic Life, College Life, Safeguarding, Parents, Students, Staff, and Contact. Two red arrows point from the text above to the 'College Life' and 'Curriculum' items in the navigation bar. Below the navigation bar, a large '404 Not Found' error message is visible, along with a search bar and a list of recent posts. The error message reads: 'Sorry, the content you were looking for could not be found. The requested (web address) is misspelled, so check that for typos, or the URL removed or your webmaster has broken something; so... If fixing the spelling doesn't help, why not see our 404 page.' The search bar contains the text 'Search for: Search ...' and a 'Search' button. The list of recent posts includes: 'Change of Date for Teacher', 'Update for Year 11 Mocks', 'Information From Worceste First', 'Year 11 Covid Situation Upd', and 'Year 11 COVID-19 Update'. At the bottom of the page, the URL 'dedward.co.uk/college-life/curriculum/' is visible in the browser's address bar.

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This can be accessed/viewed via the link on the PE curriculum page on the school website.

The screenshot shows the website for Blessed Edward Oldcorne Catholic College. The header includes the school name and logo, social media icons for Facebook and Twitter, and a 'CLICK CEOP' button with the URL 'Visit ceop.police.uk'. The navigation menu contains links for Home, About Us, Catholic Life, College Life, Safeguarding, Parents, Students, Staff, and Contact. The main content area is titled 'Curriculum' and features a grid of subject boxes: RE, English, Maths, Science, Humanities, MFL, Computing & Business, Performing Arts, Design Technology, Art and Design, and PE. A red arrow points from the top right towards the 'Performing Arts' box, which is highlighted. At the bottom left, there is a '« Return' link. The footer contains the school's name and address, quick links for Payments, Log in, Doodle, and EduTrack, a link to Tweets by EdwardOldcorne, and a Privacy & Cookies Policy button.

BLESSED EDWARD OLDCORNE CATHOLIC COLLEGE

Home About Us Catholic Life College Life Safeguarding Parents Students Staff Contact

Curriculum

RE English Maths Science

Humanities MFL Computing & Business Performing Arts Design Technology

Art and Design PE

« Return

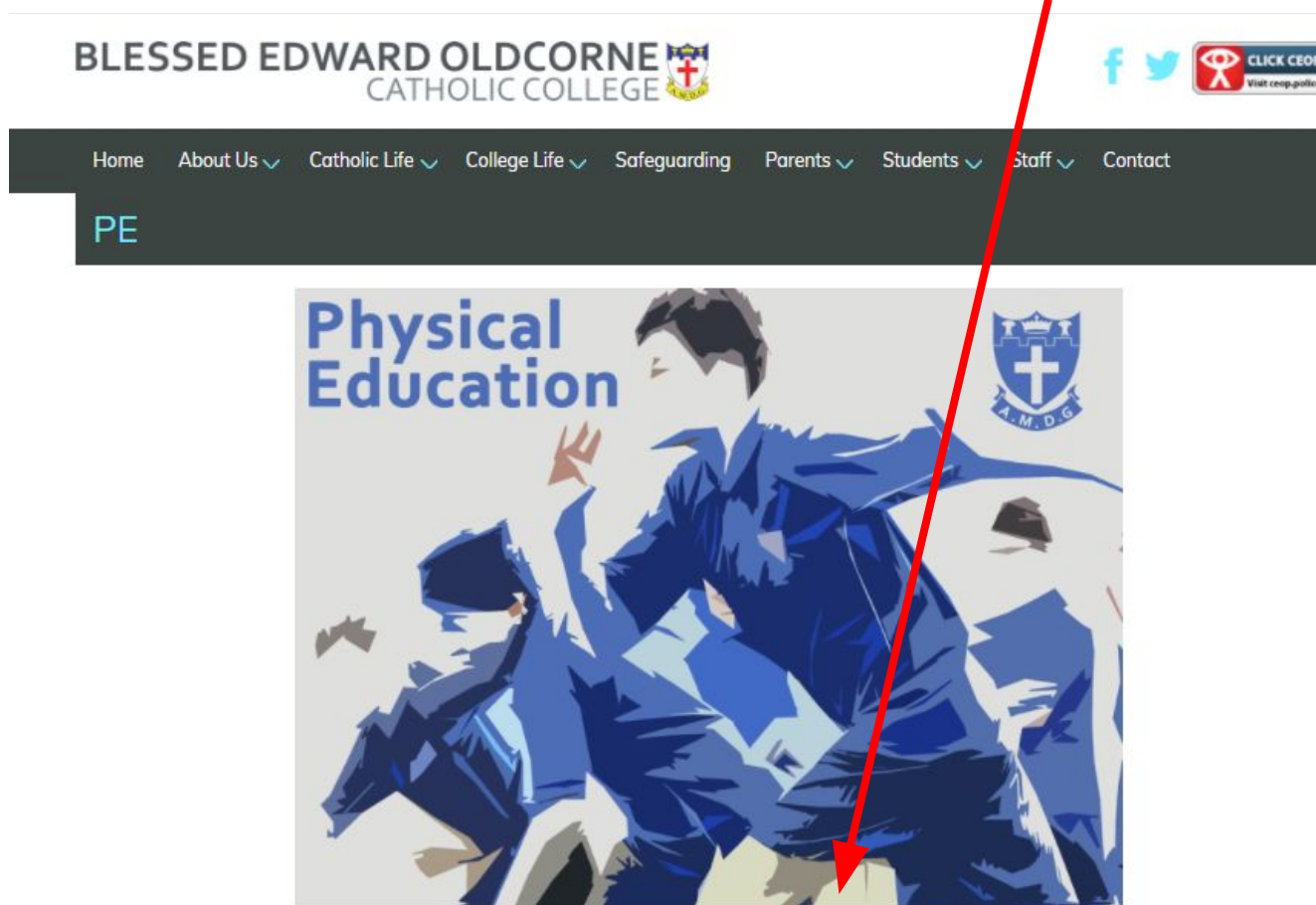
Blessed Edward Oldcorne Catholic College
Timberdine Avenue
Worcester WR5 2XD
ssededward.co.uk/pe/

Quick Links
Payments Log in Doodle EduTrack

Tweets by EdwardOldcorne
Privacy & Cookies Policy

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The screenshot shows the website for Blessed Edward Oldcorne Catholic College. At the top, the college's name and crest are displayed. To the right, there are social media icons for Facebook and Twitter, and a 'CLICK CEOP' button with the text 'Visit ceop.police.n'. Below the header is a dark navigation bar with the following menu items: Home, About Us, Catholic Life, College Life, Safeguarding, Parents, Students, Staff, and Contact. The 'PE' link is highlighted in light blue. Below the navigation bar is a large banner for 'Physical Education' featuring a stylized illustration of a person in a blue jacket and a shield with a cross and the letters 'A.M.D.G.'. A red arrow points from the 'PE' link in the navigation bar to the 'Physical Education' banner.

RO41 Reducing the risk of sports injuries:

(assessed by way of a **one-hour written examination, sat in May of Year 10**).

By completing this unit, learners will know how to:

- prepare participants to take part in physical activity to minimise the risk of injuries occurring;
- how to react to common injuries that can occur during sport;
- how to recognise the symptoms of some common medical conditions.



RO42 Applying principles of training

(internally marked and externally moderated)

By completing this unit, learners will develop knowledge and understanding of:

- the principles and methods of training and the application of these in the design of training programmes;
- practical skills in fitness testing.

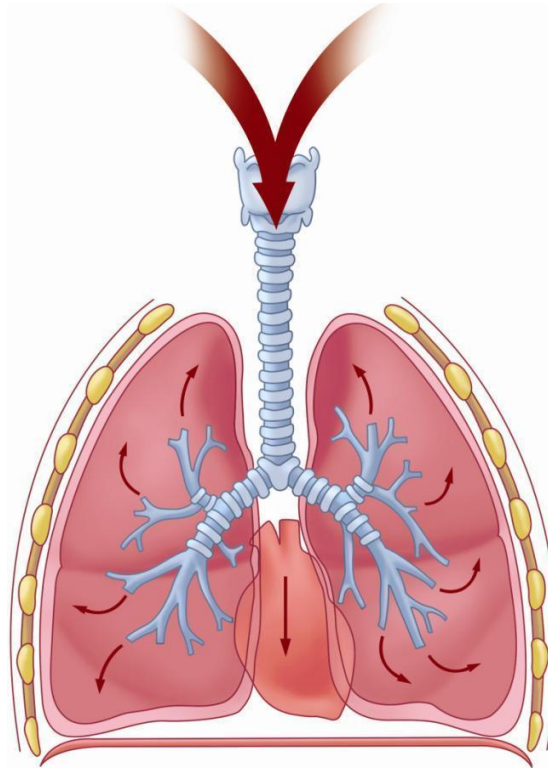
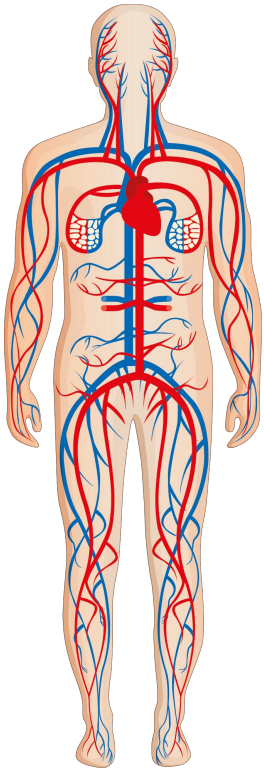


RO43 The body's response to physical activity

(internally marked and externally moderated)

By completing this unit, learners will:

- understand key aspects of the structure & function of the musculoskeletal & cardio-respiratory systems;
- investigate some of the changes which occur to them in response to short and long-term physical activity.





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Any Questions?

Students: ask your PE teacher.

Parents: email Mr Coward on

pc@blessededward.co.uk

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