



# OCR Level 2 Cambridge National Certificate in Sports Studies

## What are OCR Level 2 Cambridge Nationals? (click to view the introductory presentation)

The OCR Level 2 Cambridge National Certificate in Sports Studies is a level 2 course (**GCSE equivalent**) taking 2 years to complete with the last tasks due to be completed during the summer term of Year 11. It is a vocational course designed to help prepare you for the world of work and in particular, a career or further study in sport.

### Why study this course?

You may decide to go on to do an A level in PE or a Level 3 National Diploma, both of which will help you to progress to University.

Alternatively, the certificate will prepare you for a career in sport, such as a coach or a fitness instructor.

### How Will I Be Assessed?

Unit **R184** will be assessed by way of a **75 minute examination worth 40%** of the overall award.

Unit **R185** is worth 40% of the overall award.

Unit **R186** is worth 20% of the overall award.

For units R185 & R186, your teacher will assess tasks you complete as a **pass, merit or distinction** according to the grading criteria which will be shared with you.

These tasks can be presented as written evidence, practical activities with witness statements, presentations or video or audio recordings.

The course is graded as follows:

**Level 1 pass, merit and distinction, Level 2 (GCSE equivalent) pass, merit, distinction & distinction\*.**

### What Will I Learn?

#### **R184:Contemporary issues in sport:** (assessed by way of a **one-hour written examination**)

By completing this unit, learners will:

- Understand the issues which affect participation in sport.
- Know about the role of sport in promoting values.
- Understand the implications of hosting a major sporting event for a city or country.
- Understand the role National Governing Bodies (NGBs) play in the development of their sport.
- Learn of the positive and negative effects of technology in sport.

#### **R185:Performance and leadership in Sports Activities:** (internally marked and externally moderated)

By completing this unit, learners will:

- Understand the key components of performance
- Applying practice methods to support improvement in a sporting activity
- Organise and plan a sports activity session
- Lead a sports activity session
- Reviewing their own performance in planning and leading a sports activity session.

#### **R186:Sport and the media** (internally marked and externally moderated)

By completing this unit, learners will:

- Understand the different sources of media that cover sport.
- Understand the positive effects of the media in sport.
- Understand the negative effects of the media in sport.

### How Long Will Each Module Take?

Units R184 & R185 take approximately 48 guided learning hours each. Unit R186 takes approximately 24. Various hand-in dates will be given throughout the course and you will have the opportunity to re-draft tasks so that you can improve your attainment.

### Where Will I Find Useful Information?

Presentations, documents, web links and other useful information will also be posted on [Google Drive](#).