Sport

GCSE

OCR

Course Content

The intent of the Cambridge National in Sport Science is to provide all students with a high-quality, engaging, and practical understanding of the scientific principles that underpin sport and physical activity. The course aims to build knowledge and skills that promote lifelong engagement in healthy lifestyles, sports participation, and potential progression to further study or employment in the sports and fitness industries.

We intend for students to.

Develop a secure understanding of key scientific concepts such as anatomy, physiology, fitness, injury prevention, and nutrition, and how they relate to sporting performance.

Apply theoretical knowledge to practical and vocational contexts through engaging, real-life scenarios and case studies.

Gain skills in planning, delivering, and evaluating sports-related activities and training programmes.

Build confidence in using data to assess performance and make reasoned decisions based on evidence and analysis.

Foster curiosity and passion for sport and health-related careers, preparing students for progression to Level 3 qualifications or apprenticeships in sport, fitness, and health sectors.

Our curriculum is inclusive and accessible, designed to ensure that students of all abilities can succeed, whether through the coursework-based units or the externally assessed component. We aim to instil resilience, independence, and a reflective mindset, helping students grow not only in subject knowledge but also as well-rounded, health-conscious individuals.

Year 10
Term 1
Unit R181 Topic Area 1 Relevance of components of fitness to different sports Assess components of fitness Application of components of fitness to skill performance
Term 2
Topic Area 2 Principles of training and goal setting in a sporting context Methods of training and their benefits
Term 3
Topic Area 3 Factors when designing a fitness training programme Planning a fitness-based training programme Recording results from fitness training programme
Term 4
Topic Area 4 Effectiveness of a fitness training programme Reflections on the fitness training programme Strengths and areas for improvement of the fitness training programme

Further development suggestions for improvements to the fitness training programme
Term 5
Unit R183 Topic Area 1 Characteristics of a balanced nutrition plan The role of nutrients in sports and their sources
Term 6
Topic Area 2 The dietary requirements of endurance/aerobic activities The dietary requirements of short intense/anaerobic activities The dietary requirements of strength-based activities
Year 11
Term 1
Topic Area 3 How to design and develop a balanced nutrition plan Key factors when considering the success / impact of a nutrition plan
Term 2
Topic Area 4 How nutritional behaviours can be managed to improve sports performance
Term 3
Unit R180 – Exam Topic Area 1 Extrinsic factors Intrinsic factors Topic Area 2 Warm up and cool down routines Physiological and psychological benefits of a warm up Key components of a cool down Physiological benefits of a cool down
Term 4
Topic Area 3 Different types and causes of sports injuries Chronic Injuries Topic Area 4 Measures that can be taken before and during participation in sport or physical activity to reduce risk and severity of injury/medical conditions Responses and treatment to injuries and medical conditions in a sporting context
Term 5
Topic Area 5 Causes, symptoms and treatment of medical conditions End of Units – Revision Tasks for Exam in June.
Term 6

Independent learning

In OCR Level 1/2 Sport Science, typical homework tasks include research assignments, completing coursework sections, revising key topics, and answering exam-style questions. For example, students may be asked to investigate the effects of different training methods, analyse components of fitness, or explore sports-related injuries and

their treatments. Homework might also involve creating presentations, completing worksheets, or watching and evaluating sporting performances.

Independent learning is very important in Sport Science because it helps students develop a deeper understanding of key concepts outside the classroom. It encourages responsibility for their own learning, improves time management, and helps reinforce knowledge needed for assessments. Independent study also allows students to explore areas of personal interest in sport, which can make learning more engaging and meaningful.

Assessment

Can be left for now- follow up on this on INSET day

Useful websites and reading materials

Sport Science Specification
NHS - Eat Well
Macronutrients
Exam - Sample Assessment Material
Sport Science Book - Amazon
Command Verbs