

Course information for Parents

Key stage: 4 Subject: Cambridge National in Sport Science

Subject Lead contact information	Phone: 01908 555620	Email: rhall@thehazeleyacademy.com
Examination Board	OCR	Specification Code
		J812

Subject Content

Unit 1- Reducing the risk of sports injuries

- Understand the different factors which influence the risk of injury
- Understand how appropriate warm up and cool down routines can help to prevent injury
- Know how to respond to injuries within a sporting context
- Know how to respond to common medical conditions

Unit 2- Applying principles of training

- Know the principles of training in a sport context
- Know how training methods target different fitness components
- Be able to conduct fitness tests
- Be able to develop fitness training programmes

Unit 3- The body's response to physical activity

- Know the key components of the musculo-skeletal and cardio-respiratory systems, their function and roles.
- Understand the importance of the musculo-skeletal and cardio-respiratory system in health and fitness.
- Be able to assess the short-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems.
- Be able to assess the long-term effects of physical activity on the musculo-skeletal and cardio-respiratory system.

Unit 4- Sport Psychology

- Understand the relationship between personality and sports performance
- Know how motivation can affect sports performance
- Know how aggression can affect sports performance
- Understand the impact of arousal and anxiety on sports performance
- Be able to apply sport psychology strategies to enhance sports performance.

Additional Equipment Needed (Ingredients, headphones, PE kit, etc.)

Students will require PE kit as the theory content will be taught in classrooms and through practical lessons.

Assessment Details:

R041: Reducing the risk of injury- External written paper set and marked by the exam board. 1 hour, 60 marks.

R042: Applying principles of training- Internal coursework marked by Hazeley staff, moderated by OCR. 10 hours, 60 marks.

R043: The body's response to physical activity- - Internal coursework marked by Hazeley staff, moderated by OCR. 10 hours, 60 marks.

R044: Sport Psychology- - Internal coursework marked by Hazeley staff, moderated by OCR. 10 hours, 60 marks.

What can I do to support my child at home?

- Ensure that all homework tasks are completed
- Encourage them to play sport in their own time
- Have conversations about the topic areas.
- Train with the students especially when they are completing their training plans.

Course information for Parents

Recommended resources for the course:

Websites:

- Ocr.org.uk
- Teachpe.com
- Brianmac.com

Apps:

- Myfitness pal
- Map my run
- Fitbit

Teaching Staff Contact Details

Name	Role	Email	Tel
Mr R Hall	Head of PE and Year 10 class teacher	rhall@thehazeleyacademy.com	01908 555620
Mr B Cole	Sport Science course co-ordinator and year 9 class teacher	bcole@thehazeleyacademy.com	01908 555620
Mr E Crofts	Year 9 class teacher	ecrofts@thehazeleyacademy.com	01908 555620

Additional Information:

Potential careers options, This course has been designed to allow the students to experience a wide variety of vocations in sport. Following the Cambridge national potential careers can include:

- Teaching and coaching
- Personal training
- Sport psychologist
- Exercise physiologist
- Public services
- Armed forces