

OCR Cambridge National: Sport Science Level 2 Certificate – Current Year 9

This course is weighted 75% coursework and 25% examination.

The mandatory units include:

1. Reducing the risk of sports injuries (Exam)

Students learn how to prepare participants to take part in physical activity so that they minimise the risk of injuries. They also learn how to respond to common sporting injuries and how to recognise the symptoms of some common medical conditions.

2. Applying principles of training

Students develop knowledge and understanding of the principles of training and how to keep performers in peak physical condition. They apply practical skills in fitness testing and in designing bespoke training programmes to suit individual requirements.

The four optional units are selected from, the body's response to physical activity, Sport psychology, Sports nutrition and Technology in sport.

There is no practical assessment. Theory will be taught through practical where appropriate.