



Ringwood School

A National Teaching Academy

Sport Studies

Cambridge National Certificate

Level 1/Level 2 Pass, Merit, Distinction

OCR

Who is this course aimed at?	This is an option subject which caters for all learners who are enthused and motivated by sport! The course is largely non-examined assessment meaning students generate evidence against certain set criteria as they progress through the 2 year course. There is only 1 examination worth just 25% of the overall mark. The course is therefore aimed at those students who prefer project type work rather than exams. If you want to develop your sports performance, be a better sports leader and learn about other aspects of sport such as the Olympics, National Governing Bodies and the relationship with the media, this is the course for you!. This course is relevant if you wish to go on to study a Cambridge Technical in Sport at sixth form.
How will I be assessed?	Exam information: 1 written exam of 1 hour (25%). You will first sit this exam at the end of Year 10 but will have the option of resitting twice more if necessary. Coursework: 3 units worth 25% each. Practical sport (largely assessed via practical lessons and will include you being an official). Leadership in Sport (evidence by you planning, leading and evaluating a session). Media in Sport (assessed with posters, leaflets, presentations and mini-essays). All coursework units are entered to the exam board at a set time however, they can be resubmitted if you wish to better your mark.
Will I enjoy the course?	You are most likely to enjoy this course if...you love PE but may not have the necessary sport performance level to complete the GCSE PE course or you love PE but prefer to be assessed in project based work rather than via an exam! Your enjoyment of this course will be enhanced if you are prepared for the fact that some lessons will be classroom based!
What will be expected of me?	Students are expected to... participate in all practical lessons, meet the required deadlines, keep up to date with paperwork and be prepared for practical assessments including leadership sessions.

What will I study?

Unit 1 Contemporary issues in Sport (Written exam)	You will learn about: Different user groups in society, the possible barriers that affect their participation and the solutions to these barriers. The factors that affect the popularity of sport in the UK, current trends and the growth of emerging sports in the UK. The role of sport in promoting values, the Olympic and Paralympic movement and key initiatives and events such as Sport Relief. Looking at the importance of etiquette and sporting behaviour of performers and spectators and the use of performance-enhancing drugs in sport. Knowing the key features of major sporting events, the potential benefits and drawbacks of hosting these events and understanding why they are important to the cities/countries that hold them. Knowing the role of national governing bodies in sport.
Unit 2 Developing Sport Skills (Coursework)	You will learn how to: Utilise the key components of performance in individual and team activities. Apply the rules and regulations relevant to a sporting activity and understand the importance of consistency, accuracy and communication. identify areas of improvement in performance, the different types of skills and the methods of practice used to improve performance. Measure improvement in skills, techniques and strategies developed.

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What will I study? (continued)

Unit 3 Sports Leadership (Coursework)

You will develop an understanding of different leadership roles in sport and the responsibilities related to those roles. Look at different leadership styles and the personal qualities of an effective leader. Learn the key considerations to take into account when effectively and safely planning a sports activity session, such as appropriate venue, supervision needs and timing of activities as well as safe practice. Learn the skills and knowledge to deliver a successful and effective sports activity session, such as communication skills, motivational skills and activity-specific knowledge. You will evaluate your own performance in delivering sports activity sessions in both planning and delivery stages.

Unit 4 Sport and the Media (Coursework)

You will learn how sport is covered by the media across television, radio, written press, and internet and social media. Understand the positive impact of the media on sport, including exposure of minority sports, inspiring participation at a grass-roots level and the creation of positive role models. Explore the negative effects that the media can have on sport, such as the decline of live spectatorship, loss of traditional sporting values, and media coverage of inappropriate behaviour of athletes. Develop an understanding of the relationship between sport and the media through topics such as sport as a commodity, sponsorship and advertising, and the impact of pay-per-view. Develop the skills to be able to evaluate how sport is covered in the media and the factors that may affect the accuracy, consistency and depth of how a story is covered.