

# Sport Science

Level 2 Cambridge National Certificate in Sport Science

## Sport Science course overview

In order to live, move and be physically active, we need our bodies and our mind to be in top working order. How can this be achieved? How do our bodies function to allow us to run, jump and throw? How can I improve my own performance? How can we ensure our bodies stay healthy for the rest of our lives? These are just some of the questions that the students undertaking Sports Science will discover the answers to. Through a combination of theory and practical, they will enjoy a fascinating study into the human body, how it functions, and how it can be trained to meet the demands of sport. Through the course, pupils improve their practical skills, acquire confidence, self-esteem, respect for themselves and others along with an understanding of the rules and conventions of their chosen activities.

## How is the course assessed?

This course comprises of four different units, three of which are assessed internally via coursework and one unit which is assessed by an external exam. The units of study are as follows:

**Unit R041 - Reducing the Risk of Sports Injuries (Exam)**

**Unit R042 – Applying the Principles of Training (Coursework)**

**Unit R043 – The Body's Response to Physical Activity (Coursework)**

**Unit R044 – Sport Psychology (Coursework)**

## Is this course for you?

This course is specifically tailored to students who potentially wish to have a career in Sports Science, Physiotherapy, Sport Medicine, Sports Psychology and Teaching. During the two years of study on this course, students will develop a strong understanding of the fundamental knowledge needed to advance onto a Post-16 course and begin their learning journey towards these professional fields.

## What could this course lead to?

Studying Cambridge National Sport Science at Level 2 will provide you with the opportunity to develop a better understanding of how your body, and the bodies of your sporting role models, are able to do the amazing things that they do. As part of your journey on this course you will learn about human anatomy and sports psychology, with the intent of being able to apply this knowledge to the performance environment. It is from this process that you will develop a detailed understanding of the biological and psychological functioning of human beings, as well as acquiring a broad skill set (interpreting data, administering testing protocols, data collation, teamwork and information analysis) which will support your transition into a sport related course at A level and beyond into a sport related career. Potential career paths include: Sports Scientist, PE Teacher, Physiotherapist, Sports Psychologist.

## Who can I contact for further advice or support?

Mr S McGeehan, Head of Department: [smcgeehan@cityleicester.leicester.sch.uk](mailto:smcgeehan@cityleicester.leicester.sch.uk)

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Exam Board: OCR

Course Code: J812

