



Cambridge National L2 Certificate in Sports Studies

Course description

The Cambridge National Certificate in Sports Studies is a practical, work-related course which is equivalent to 1 GCSE grade. You learn by completing projects and assignments based on realistic sporting situations.

You will study 3 units:



Head of Department
Mr C Scorer



Exam Board
OCR



Number of timetabled periods per fortnight:
7



Equivalent number of GCSEs awarded:
1



Exam Board website
[Sports Studies](#)
School website
[HBHS PE Dept.](#)

Assessment

Coursework (60%) &
External Exam (40%)

Contemporary issues in sport - Externally assessed unit (hand written exam paper).

- Issues affecting participation in sport
- The role of sport in promoting values
- The implications of hosting a major sporting event for a city or country
- The role National Governing Bodies (NGBs) play in the development of their sport
- The use of technology in sport
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Performance and leadership in sports activities

- Key components of performance
- Applying practice methods to support improvement in a sporting activity session
- Organising and planning a sports activity session
- Leading a sports activity session
- Reviewing your own performance in planning and leading a sports activity session
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Increasing awareness of Outdoor and Adventurous Activities

- Provision for different types of outdoor and adventurous activities in the UK
- Equipment, clothing and safety aspects of participating in outdoor and adventurous activities
- Plan for and be able to participate in an outdoor and adventurous activity
- Evaluate participation in an outdoor and adventurous activity

What type of person would enjoy this course? Someone ...

- who enjoys practical learning
- with a keen interest in participating in a variety of sports and developing their sports leadership skills

