WOODSIDE HIGH

OPTIONS SUBJECTS

Cambridge national Sports Studies

HEAD OF DEPARTMENT

Mr Rowling

VITAL INFORMATION

4 Units

1 written examionation on Contemportary issues in Sport 25% of overall grade
2 further units Perfromance and leadership in sports activites , Increasing awarness of Outdoor Activites

EXAM BOARD

OCR

CURRICULUM CONTENT

R184: Contemporary issues in sport.
Issues which affect 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

R185: Performance and leadership in sports activities
Key components of performance
Applying practice methods to support improvement in a sporting activity
Leading a sports activity session
Reviewing your own performance in planning

R187: Increasing awareness of Outdoor and Adventurous Activites
Provision for OAA in UK .
PArticpate in OAA activites . Plan an OAA activity safely

BREAKDOWN OF MARKS

Each unit is mandatory unit is marked out of 48

The one optional unit is marked out of 24

Students are graded Pass / Merit / Distinction

SKILLS

You will need to be a strong practical peformer and compete in sport inside or outside of school .
You will need to enjoy leading others
OAA actitivties will require resilinace
There is a number of extended writing tasks in this topic. .

CURRICULUM & CAREER PROGRESSION

NEXT STEPS

A level PE
Level 3 vocational sport course
Level 3 apprectichship in sport

CAREERS

PE teacher
Fitness instrcutor
Nutritionist
Sports coach
Physiotherpay
Sports Sciencetist
Sports Analyst
Sports Journalist
OAA instructor