

# Sports Science

## OCR Cambridge National in Sports Science Level 1 and 2



This new and exciting course will replace the GCSE PE course.

If your child selects it they will start it September of year 10 and complete it at the end of year 11.

Their final grade that they receive at the end of year 11 will be in the form of 2 levels- Level 1 or 2.

Level 1: PASS 1      MERIT 1      DISTINCTION 1

Level 2: PASS 2      MERIT 2      DISTINCTION 2      DISTINCTION 2\*

In Year 10 they will have 2 hours on their timetable to complete the course

In Year 11 they will have 3 hours on their timetable to complete the course

These lessons are in addition to the 2 hours of practical PE that they are required to have by law.

Students must have their own folder to keep all of their worksheets, assessments and topic sheets. They will be given an exercise book. They also must bring their correct PE kit on their practical days. There will be the opportunity to purchase a course t-shirt from Macron organised by the PE department.

Old GCSE Grade (no longer used)	New GCSE Grade	OCR Cambridge National Certificate
A*	9	Level 2 Distinction *
	8	
A	7	Level 2 Distinction
B	6	Level 2 Merit
	5	
C	4	Level 2 Pass
D	3 2 1	Level 1 Distinction
E		Level 1 Merit
F		Level 1 Pass
G		
U	U	Fail (F)

# What do the Sports Science students study?

All students will complete 3 units of work:

Unit R180: Reducing the risk of sports injuries and dealing with common medical conditions- **there are NO assignments for this unit- ONLY 1 EXAM**

Unit R181: Applying the principles of training: fitness and how it affects skill performance- **there are 5 assignments to complete for the unit.**

Unit R182: The body's response to physical activity and how technology informs this- **there are 3 assignments to complete for this unit.**

All students will be taught the content in the classroom and also in a practical setting. They will then complete an assignment by a set date and will be marked by their teacher.





## Individual Variables



## Psychological Factors



# R180 TA1 - Part 2 Intrinsic Factors Influencing Injury

### Selective Attention

An elite performer will be able to block out the '\_\_\_\_\_ information' from the environment

Different \_\_\_\_\_ strategies can be used to control aggression

### Mental Rehearsal

Performers practice movements of skill in \_\_\_\_\_ so they can ready to perform it

### Imagery

Performers create a successful \_\_\_\_\_ of an action so they can \_\_\_\_\_ the feel of movements

### Reasons for Aggression

- Level of performance
- Retaliation
- Pressures to win
- Decisions of officials
- Performance enhancing drug

### Reasons for High Arousal Levels

1. Increased number of \_\_\_\_\_
2. Significance of supporters e.g. family/friends
3. Must win in order to prevent \_\_\_\_\_
4. Under pressure to \_\_\_\_\_

