

# Cambridge National (CNAT): SPORT STUDIES

Exam Board: OCR

## Structure of the course:

Over the two years you will complete 3 units, one of the units is externally assessed (exam) and the other two are non-examined set assignments, marked by your teachers and externally checked by OCR. By completing the units, it will enable you to develop a wider range of skills and provide evidence of you meeting the assessment criteria. You will generate this evidence through a range of activities, including written work, practical performance and an examination. You will be encouraged to take responsibility for your own learning and achievement by following the set assignment. Each of the units have multiple topic areas where you will complete a set assignment for each aim. You will also complete an external exam which will focus on one of the mandatory units (Contemporary issues in sport).

## What we covered in year 10?

### **R185: Performance and leadership in sports activities**

You will have the opportunity to develop your skills as a performer in TWO different sporting activities. You will work independently and as part of a team, including communication with team mates as well as being in front of an audience when you perform. You will perform under pressure, both as the participant and the leader, and will use your initiative to solve problems and make decisions. You will deal with rapidly changing conditions and situations. There are 5 topic areas to complete.

### **R186: Sports and the media**

In this unit you will understand the different sides of a range of media sources and apply real life examples to show the nature of the relationship between media and sport. You will learn how rapid development in technology is enabling sport to be viewed, replayed and discussed wherever and whenever the spectator wants. You will develop the ability to evaluate and interpret the different ways in which sport is represented by the media. There are 3 topic areas to complete.

## What we will cover in Year 11

### **R184: (Exam) Contemporary Issues in Sport**

You will understand a range of topical and contemporary issues in sport, including learning about participation levels and barrier to completing sporting activities. You will also learn how participation is impacted by the promotion of values and ethical behaviour, the role of high-profile sporting events, the role of NGBs and how technology is used within sport. This is the examination unit and the exam is 1hr30.

## Skills you will develop that can be used after the course:

Organisation  
Independence  
Leadership skills  
Working with others  
Writing reports  
Creating and delivering presentations  
Healthy living and lifestyle skills  
Evaluation and making recommendations

## Options after CNAT Level 1/2

1. A levels/ T levels  
Cambridge Technical Level 3  
Apprenticeships (level 2&3)

## Careers

1. Personal trainer
2. Teacher
3. Sports coach
4. Sport journalist

## **5. Subjects to complement:**

Media Studies/ Sociology/ Creative Media/ Combined Science/ Biology/ Food Preparation & Nutrition

## Other Important information

To be successful in this course you must be prepared and motivated to work consistently and independently to meet the requirements to achieve the qualification. It is important that you manage your time in lesson effectively so you meet the set deadlines. It is important that all the work you submit for your assignments is your own. For each unit you will be graded level 1 Pass/merit or distinction or Level 2: Distinction \*/Distinction/Merit/ Pass

It would be beneficial for you to have a good knowledge and understanding in a range of sports.