

OCR SPORT

WHY STUDY SPORT AT A-LEVEL?

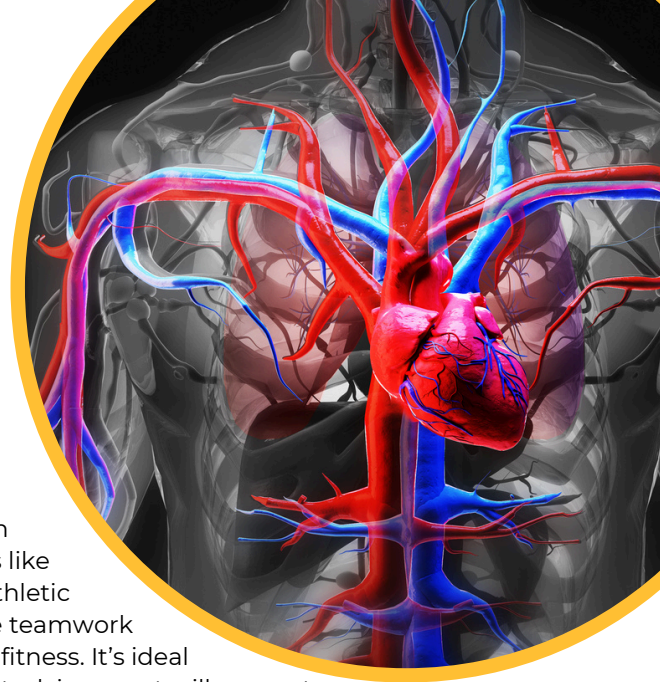
Studying OCR Sport is beneficial because it gives a solid foundation in sports science, practical skills and industry knowledge. It covers areas like anatomy, fitness, and psychology, which help students understand athletic performance and health. The course also builds transferable skills like teamwork and leadership, opening pathways to careers in sports, coaching and fitness. It's ideal preparation for higher qualifications or careers in sports and health. Studying sport will support an in depth understanding of the main themes listed below and is an enjoyable subject for anyone interested in a career in sporting.

TOPICS STUDIED

- Sports coaching and activity Leadership
- Sports Injuries and rehabilitation
- Exercise and the body systems
- Effects of physical activity
- Organisation of sport within the UK
- Evaluating performance within a sport

ASSESSMENT STRUCTURE

The course is made up of 5 units, 2 units are externally assessed and 3 internally assessed. Each internally assessed unit consists of 3, 4 or 5 theoretical and/or practical assignments graded Pass, Merit or Distinction. An overall grade of Pass (E at A Level) Merit (C at A Level) or Distinction (A at A Level) is calculated from the grades obtained in each unit. Assessment is ongoing, including practical skills and performance so full attendance is essential.



A-LEVEL SPORT



ENTRY REQUIRMENTS

Grade 6 in GCSE PE (where studied)

CAREER PATHWAY

By learning a wide range of topics, pupils are able to get a taste of the types of skills and roles available within the sport and physical activity industry. These roles could include coaching or leadership, but may also lead them to study sports coaching, sports science, sports therapy, sports management or sport psychology at University. Additionally, with a Level 3 qualification, students can pursue certifications in coaching or personal training.

IS THIS COURSE FOR ME?

This course is for you if you have an interest in deepening your understanding of health and fitness, particularly for the benefit of wellbeing and healthy living, if you're interested in a sports career such as coaching, sports science or sports therapy, if you enjoy learning about the science of the body such as anatomy and physiology of the body and if you get enjoyment out of sports and/or exercising! The qualifications aim to develop students' knowledge, understanding and skills of the principles of Sport and Physical Activity. You will gain an insight into the sector as you investigate opportunities for delivering sport and physical activity to a wide range of participants, whether it is to mobilise sedentary people to improve their health and wellbeing or to support athletes to improve their performance and fitness on a world stage. In doing so, you will also gain core skills required for employment or further study in the sector such as communication, analysis, organisation and adaptation.

NEED MORE INFORMATION?

Please Contact Mr Yates, Head of PE, via email dyates@lighthall.co.uk for more information.

Please see the OCR Specification for more details on course content and assessments:

<https://www.ocr.org.uk/Images/258722-centre-handbook-diplomas.pdf>

READING LIST:

- Cambridge Technicals Level 3 Sport and Physical Activity Paperback
- <https://www.youtube.com/watch?v=yYEXQbPq5jM>
- <https://www.livestrong.com/article/411280-the-average-heart-rate-chart-for-athletes/>
- <https://www.ukcoaching.org/>
- <https://pce.sandiego.edu/leadership-qualities-in-sports/>

