

# Inspiring a generation of healthy, active, lifestyles



## **WHY CHOOSE SPORTS SCIENCE ?**

Sport is a high-profile and expanding industry and there is a growing need for qualified professionals and capable volunteers. There is a wide range of job roles to progress into such as Activity Leader, Sports Coach, Fitness Instructor and Leisure Assistant.

It's also widely recognised that regular participation in sport and physical activity is highly beneficial both to individuals and to society as a whole. With life expectancy on the increase, there will be continuing focus by government in collaboration with other bodies, to promote sport's benefits and encourage wider take up.

Cambridge Nationals in Sport Science offer students the solid foundation required for further study or progression into industry. Students will develop a wide range of highly desirable, transferable skills such as communication, problem solving, team working and performing under pressure.

## **HOW WILL SPORTS SCIENCE HELP ME? WHAT SKILLS WILL I DEVELOP?**

The Cambridge National in Sport Science takes a more sector-based focus, while also encompassing some core sport/physical education themes.

Students have the opportunity to apply theoretical knowledge about different types of sport and physical activity, skills development and sports leadership to their own practical performance. They'll learn about contemporary issues in sport such as funding, participation, ethics and role models, and sport and the media.

Students develop an appreciation of the importance of sport locally and nationally, different ways of being involved in sport and how this shapes the sports industry.

## WHAT DOES THE COURSE INVOLVE? WHAT WILL I STUDY?

### Unit 1: Reducing the risk of sports injuries.

Taking part in sport and physical activity puts the body under stress. Students will learn how to reduce the risk of injury when taking part in sport through activities such as warm-ups, and knowing how to respond to injuries and medical conditions in a sport setting are all vital skills within the sport and leisure industry

### Unit 2: Applying principles of training.

The role of a coach is to keep their performers in peak condition by monitoring individuals' fitness and designing bespoke training programmes. Students will learn the principles of training and how different methods target different components of fitness.

### Unit 3: The body's response to physical activity.

Understanding how the body changes and responds to physical activity means that body systems can be optimised to improve sports performance and healthier lifestyles. Students will learn about the key components of the musculo-skeletal and cardio-respiratory systems, their functions and roles in physical activity and how to measure and record short-term and long-term effects of physical activity.

### Unit 4: Sports nutrition.

Correct nutrition is a vital part of a sport person's preparation; incorrect nutrition can lead to deterioration in performance and overall health. Students will learn about different nutrients and supplements and their importance to different activity types. They will also learn about the effects of a poor diet on performance and health and will develop and evaluate diet plans for performers.

## HOW WILL I LEARN?

It is a vocational qualification, which involves sports participation in a variety of units. However, the practical elements of the qualification will be supported by class tasks, logbooks and assignments to demonstrate your understanding of the topics.

## HOW CAN I PROGRESS?

There are many different careers a qualification in this sector could lead to: Personal Trainer/ Fitness Instructor, Nutritionist, Psychologist, Sports Analyst, Sports Media, Leisure Manager, Sports Coach, Outdoor Activities Instructor and PE Teacher.

## HOW WILL I BE ASSESSED?

You will be assessed in four units, three pieces of course work and one exam:

- ✓ **Reducing the risk of sports injuries**  
Written exam: 1 hour - 25%
- ✓ **Applying principles of training**  
Coursework assessed - 25%
- ✓ **The body's response to physical activity**  
Coursework assessed - 25%
- ✓ **Sports nutrition**  
Coursework assessed - 25%

