

“Our vision is to encourage all of our students to participate, engage and compete to the best of their ability”



WHY CHOOSE SPORTS STUDIES ?

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 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 STUDIES HELP ME? WHAT SKILLS WILL I DEVELOP?

The Cambridge National in Sport Studies 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.

Students will 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: Contemporary issues in sport Exam

Students explore a range of topical and contemporary issues in sport, such as participation levels and barriers, promoting values and ethical behaviour, and how sport contributes to society as a whole beyond simply providing entertainment.

Unit 2: Developing sports skills

Students try out a range of sports-related skills and techniques, including different practice methods for improving both their own performance and that of others. They develop their knowledge of the use of tactics and strategies in both individual and team sporting activities as well as their understanding of the rules, enabling them to carry out a number of officiating roles within the activities.

Unit 3: Sports leadership

Students learn about some of the knowledge, understanding and practical skills required to be an effective sport leader. They put their knowledge into practice by planning and delivering safe and effective sporting activity sessions. Afterwards they review their performance.

Unit 4: Developing knowledge and skills in outdoor activities

Students find out about a wide range of outdoor and adventure activities and the organisations that provide access to them. Through planning and participating in these types of activities they will learn about the risks involved and gain an understanding of health and safety, risk assessments and the importance of detailed planning for various scenarios and challenging environments. This will also help them develop their communication, decision-making and leadership skills.

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 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?

For Sports Studies you will be assessed in four units two pieces of coursework, a practical test and one written exam:

- ✓ **Contemporary issues in sport Exam**
Written exam: 1 hour - 25%
- ✓ **Developing sports skills**
Practical assessment - 25%
- ✓ **Sports leadership**
Coursework assessed - 25%
- ✓ **Developing knowledge and skills in outdoor activities**
Coursework assessed - 25%

