

WELCOME TO...

# OCR LEVEL 2 SPORT SCIENCE

**Do you enjoy sport and physical activity?  
Do you want to develop your understanding of how the  
human body works and the importance of sport and  
physical activity in everyday life?**

In the PE department we offer 2 different examination courses. When you opt for examination PE, we will put you onto the course we feel will give you the best chance of success.



## What will I study?

The course is delivered through 4 units. 1 is exam based and the others are coursework. It provides students with a detailed and interesting look into many areas of sport and physical activity, including:

### **RO41 – Reducing the risk of sports injuries**

- Causes, types and treatments of common injuries
- Ways in which sports injuries can be avoided

### **RO42 – Applying the principles of training**

- The application of the different principles and types of training
- Components of fitness
- How to design an effective training programme

### **RO43 – The body's response to physical activity**

- The role of different body systems and their importance in health and fitness
- Short and long term effects of physical activity

### **RO45 – Sports nutrition**

- The importance of a balanced diet, examples of sport specific nutrition and the role of supplements
- Consequences of poor nutrition

**Assessment is through both written exams and coursework. You will be awarded either a Level 1 Pass, Merit or Distinction or a Level 2 Pass, Merit, Distinction or Distinction\***

**RO41 (25%) - Written Examination in January of Year 10**

**RO42 (25%) - Coursework**

**RO43 (25%) - Coursework**

**RO45 (25%) - Coursework**

**Further opportunities:**

**Both PE courses lead to further opportunities for students which include;**

- Progression onto one of our highly successful courses in the 6th form – Level 3 Cambridge Technical Sport or A-Level PE
- Future study/employment in areas such as: Teaching, Sports Coaching, Personal Training Instructor, Sports Psychology, Nutrition, Sports Science, Journalism and Performance Analysis
- Sport and Physical Activity continues to be a growth sector in society with lots of opportunities for employment

