

Sport Studies – Level 1/2: Cambridge National

The course is made up as follows:

An externally assessed 1:15 hour written exam online examination. This is based on “Contemporary issues in sport”, worth 33% of the total mark.

2 internally assessed units which make up the remaining 66% of the total mark. These units include “Performance and leadership in sports activities” and “Sport and the media”.

Course description

The Cambridge National course is equivalent to a GCSE, its aim is to be a vocational qualification; where students experience a range of sporting areas to assure future employers or further learning institutes that our students have had a solid grounding in the essential knowledge and skills of the sports and leisure sector.

This course is taught as practically as possible (NOT all lessons or assessments are practical and playing sport like their PE lessons); all learning is solidified by tasks which are designed to help students put theory into practice.

The externally assessed exam is done by hand like the student’s other exams at year 11 and comprises of some longer answer questions and other more visual examination methods such as drag and drop labelling, picture analysis and multiple choice answers. The examination unit is called “Contemporary Issues in Sport” and focuses on issues in Sport such as: participation levels and barriers, promotion of values and ethical behaviour, the role of high-profile sporting events, the role of national governing bodies and how technology is used within sport.

The internally assessed aspects of this course can be examined in numerous ways in order to help our students demonstrate their knowledge as fully as possible. This includes written booklets, video demonstrations or posters. Internal coursework based assessment has proven to be a very accessible assessment strategy for our students; it takes places over a longer period of time than a traditional exam and allows students to complete work at their own pace with some staff support. These internally assessed units focus on: “Sporting Performance and Leadership” and “Sport and the Media”.

This option is different to what students would have experienced in PE as the course goes into detail on the theories of sport and students learn the theory behind exercise. If students have an interest in going into a college course or future job in the sport, health or leisure sectors this course is an excellent grounding and first step towards these pathways.



Student Comments

“I enjoy the different sports.”

“I get to learn lots of new sports.”

“The practical makes work easier to understand”

“This course will help me as I want to be a sports coach”