

Cambridge Technicals

Sport

Level 2 Cambridge Technical Certificate/Extended Certificate/Diploma in Sport – **05400, 05402, 05405**

Level 3 Cambridge Technical Certificate/Introductory Diploma/Subsidiary Diploma/Diploma/Extended Diploma – **05407, 05409, 05412, 05415, 05418**

OCR Report to Centres September 2015 – August 2016

OCR (Oxford Cambridge and RSA) is a leading UK awarding body, providing a wide range of qualifications to meet the needs of candidates of all ages and abilities. OCR qualifications include AS/A Levels, Diplomas, GCSEs, Cambridge Nationals, Cambridge Technicals, Functional Skills, Key Skills, Entry Level qualifications, NVQs and vocational qualifications in areas such as IT, business, languages, teaching/training, administration and secretarial skills.

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This report on the examination provides information on the performance of candidates which it is hoped will be useful to teachers in their preparation of candidates for future examinations. It is intended to be constructive and informative and to promote better understanding of the specification content, of the operation of the scheme of assessment and of the application of assessment criteria.

Reports should be read in conjunction with the published question papers and mark schemes for the examination.

OCR will not enter into any discussion or correspondence in connection with this report.

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Cambridge Technicals in Sport Level 2 and Level 3

1 Overview

There are two levels to the sport qualifications as detailed below.

OCR Cambridge Technical Sport Level 2

At this level there are three separate qualifications:

Certificate = 15 credits
Extended Certificate = 30 credits
Diploma = 60 credits

All three levels of the qualification have been delivered by centres in 2015-16.

The qualifications are being usually being delivered over one year.

Many centres have chosen to deliver the mandatory units first. Centres have reported that this assists with learner motivation and enthusiasm towards the programme.

All units are centre assessed, internally standardised and externally moderated by an OCR Visiting Moderator.

OCR Cambridge Technical Sport Level 3

This attract UCAS points.

At this level there are five separate qualifications:

Certificate = 30 credits
Introductory Diploma = 60 credits
Subsidiary Diploma = 90 credits
Diploma = 120 credits
Extended Diploma = 180 credits

All five levels of the qualification have been delivered by centres in 2015-16.

The qualifications are being delivered in a variety of different formats dependent on the size of the qualification: usually over one or two academic years. Many centres initially deliver the Introductory Diploma or the Subsidiary Diploma, and then tend to register learners on the Diploma or Extended Diploma during their second year of study.

All centres have chosen to deliver the mandatory units first, followed by the optional units.

All units for all qualifications are centre assessed, internally standardised and externally moderated by an OCR Visiting Moderator.

2 General Comments

Level 2 and Level 3

The majority of centres have been able to assess the work to the required standard, however, a small number of centres have had units withdrawn on first submission due to there being insufficient evidence to support the grades awarded. The majority of centre reports have contained detailed action points.

Learners have produced evidence by a variety of methods including written work, reports, posters, video footage, witness statements, photographs, tables, templates used for practical lesson plans, annotated diagrams, leaflets, questionnaires, cards and booklets.

Many centres provide detailed witness statements, particularly for the practical units. Centres need to ensure that all witness statements are personalized to the individual learner whose grade the evidence supports.

In most centres care has been taken when using the internet. Measures are taken to ensure learners do not download information and present it as their own. However, this is an on-going problem and centres need to be particularly vigilant to ensure that learners work is their own and that it is comprehensively referenced.

Generic feedback:

Feedback by centre assessors has been beneficial to the learners and has enabled them to achieve appropriate grades. This has meant that the OCR Visiting Moderator has been able to find the appropriate evidence easily. All centres are using the OCR Unit Recording Forms. Centres contact their visiting moderator if they have any queries about the qualification or the moderation process. Centres also contact OCR direct if they have queries about the interpretation of the specification and required evidence. All queries are dealt with and resolved quickly. As the qualification is now well established there haven't been many specification issues this year. Some clarification has been provided on Merit criteria for units 7 and 11 in Level 3 (see comments on individual units).

3 Comments on Individual Units

Level 2 units

Unit 1 - Practical Sport

P3 learners need to include the scoring systems of both sports. Learners usually describe the main roles and responsibilities of officials in team and individual sports. However, in order to gain M2 they need to describe the main roles and responsibilities of officials in team and individual sports in relation to positioning. P7 all learners need to include a blank form for this assessment criteria as well as using a form for P8.

Unit 2 - Anatomy and Physiology for Sport

M1 Asks learners to locate joints and muscles used in a range (at least three) of sporting actions. Learners' descriptions need to be linked to diagrams to show location.

Unit 3 – Fitness Testing and Training

LO1: Learners need to make stronger links between components of fitness and the requirements of their chosen sport, using specific examples.

Unit 4 – Nutrition for Sports Performance

LO1: Learners need to be more specific with the nutritional requirements as the information given tends to be just general.

LO2: Learners need to include the following in their food diaries: times, amounts or types of food.

Unit 6 – Lifestyle and the Sports Performer

P6 requires learners to describe three financial issues elite athletes need to consider often there is not enough detail relating to the financial issues which shows a lack of understanding.

M3 requires the learner to give an example of how an elite athlete has developed their career and dealt with financial issues. In the majority of cases the information provided is too generic.

Level 3 units

Unit 1 - Principles of Anatomy and Physiology in Sport

P1 requires learners to describe the structure and function of the skeletal system. Often learners did not describe the structure, they only provided an outline of the skeleton with the bones named.

M1 requires learners to locate the bones, joints, movement types and muscles used during a range of sporting activities. In a minority of cases learners only listed the information and did not locate against a range (three) of sporting actions.

M2 and D1 requires learners to describe the roles of the cardiovascular and respiratory systems during exercise, and go on to outline the relationships of these and energy systems before, during and after a sporting activity. Often the description provided was not in enough detail in relation to exercise.

Unit 2 - Sports Coaching: Practical Sport

P1 requires learners to describe four roles and four responsibilities of sports coaches, using examples of coaches from different sports. Many learners did not fulfil the 'using examples of coaches from different sports' criteria. The same four sports can be used for the roles and for the responsibilities. It is recommended that learners highlight the sports they are using as examples thus ensuring they meet these requirements.

P2 requires learners to describe three skills common to successful sports coaches, using examples of coaches from different sports. Many learners did not fulfil the 'using examples of coaches from different sports' criteria.

D1 requires learners to continually review sports coaching sessions making amendments to the planning and delivery of upcoming sessions where needed. In order to achieve this criterion the learner must ensure that the session plans they have produced for M3 are continually reviewed and that it is obvious what amendments have been made within the session plan. As part of their review learners also need to state whether or not they achieved the session objectives.

Unit 3 - Current Issues in Sport

P1 requires learners to describe the development and organisation of a selected sport in the UK. All learners were able to describe the development of the selected sport, however, they did not always include details of how the sport was organised in the UK. The majority of centres found that P2 and M1 lent themselves to being assessed together, as providing a detailed description for P2 meant that learners automatically achieved M1. This was also the case for P3 and M2.

P4 requires learners to describe the effects that four contemporary issues have on a selected sport; in some instances learners related these to different sports, rather than one selected sport.

M2 requires learners to give examples of sports which have been affected by contemporary issues; in some instances this has been awarded without there being examples from different sports just more examples from the same sport.

Unit 4 - The Physiology of Fitness

This unit focuses on the effects of exercise on the various body systems both in the long and short term. Centres who successfully delivered this unit related the information to practical activities that the learners participated in and recorded the appropriate results.

D1 requires learners to compare the effects of exercise on the musculoskeletal, cardiovascular, respiratory and energy systems for a selected performer against an elite performer. In order to achieve this, learners need to use numerical data and refer to this data when comparing the effects of exercise on the various body systems.

Unit 5 – Sport Nutrition

P6 requires learners to include details on the appropriate amount of carbohydrates, fats, proteins, water, fibre, vitamins, minerals that are needed for a balanced diet. Often the diet plan did not contain enough detail.

Unit 7 – Practical Team Sports

Unit 11 – Practical Individual Sports

P4/P5 requires learners to carry out a self-analysis using two different methods of assessment identifying strengths and areas for improvement in two sports. Learners need to make it more obvious which two methods have been used and identify strengths and areas for improvement for both methods separately.

We have clarified the merit criteria for M3 in unit 7 and unit 11 of the Cambridge Technical in Sport (2012 suite).

For unit 7, Practical Team Sports, the clarification makes it clear learners only need to critically compare the performance of their team with an opposing team's performance in one selected sport.

For unit 11, Practical Individual Sports, the clarification makes it clear learners only need to make suggestions relating to the development of an individual's performance in one individual sport.

The updated units are available on the Cambridge Technical in Sport (2012 suite) qualification page of the OCR website and can be found under 'Units'.

Unit 15 – Sport Injuries

P3/P4 learners find it easy to describe physiological responses common to sports injuries for P3, however they often do not fully describe the psychological responses as required for P4 therefore there needs to be more of an emphasis on delivery of this aspect of the specification. Likewise for M2 and D1 learners are able to identify and adapt treatment programmes with regard to the physiological responses, however, they often do not provide much evidence of identifying and adapting treatment programmes with regard to the psychological responses.

Unit 19 – Organising Sports Events

P3/M1/D1 learners are only required to organise one event. The type of event organised will determine which assessment criteria they can achieve.

Unit 21 – The Athletes Lifestyle

P4 – learners need to ensure that the two different types of media interview are described in depth as there are significant differences in the factors to be taken into consideration for TV and radio interviews.

P6 – requires learners to produce a career plan covering an individual's career as an athlete and their career outside competitive sport. The focus should be on an up-and-coming athlete rather than one who has played professional sport and now has a second career.

Unit 23 – Fitness training and Programming

M2 - requires the learners to include SMART goals

M3 – requires learners to analyse performance against set goals during a six-week training programme this should include relating the performance against the SMART goals identified in M2

Unit 25 – Fitness testing for Sport and Exercise

P1 all learners need to ensure that they describe one test for each component of physical fitness, including advantages and disadvantages for all of the components of fitness listed in the specification.

P3/P4 - requires learners to use appropriate health screening procedures and administer tests to two contracting individuals.

4 Sector Update

The specification for the Level 2 qualification will remain the same for delivery from September 2016 and there will be a new specification for the Level 2 qualification for delivery from September 2017 entitled Cambridge Technicals Level 2 Sport and Physical Activity.

There is a new specification for the Level 3 qualification for delivery from September 2016 entitled Cambridge Technicals Level 3 Sport and Physical Activity

Both the (2012) specifications for Level 2 and Level 3 Cambridge Technicals in Sport currently have an awarding end date of August 2022

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