

Cambridge NATIONALS LEVEL 1/2

# ***SPORT SCIENCE***

SPORTS LEADERS UK MAPPING GUIDE

Version 1



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# INTRODUCTION

**This resource provides a comparison for collective delivery and tutoring of learning aims, outcomes and teaching content required for the Cambridge Nationals in Sport Science Level 1/2 with the Sports Leaders UK Level 1 and Level 2 qualifications in Sports Leadership.**

## SPORT SCIENCE

This is a vocationally-related qualification that takes an engaging, practical and inspiring approach to learning and assessment. The new Cambridge Nationals in Sport Science reflect this and provide students with a broad knowledge and understanding of different aspects of sports science including sports psychology and nutrition and equip students with practical skills such as learning to design and evaluate a training programme.

## TEACHING AND LEARNING RESOURCES

Resources have been developed to support your teaching of this qualification. These include Delivery Guides, Lesson Elements, Combined Feedback, Mapping Guides, Sample Learner Work, Resources Link, Qualifications Calculator and a Progress Tracker.

To find out more about this qualification please go to:

<http://www.ocr.org.uk/qualifications/cambridge-nationals-sport-science-level-1-2-j802-j812/>

## SPORT LEADERS UK

As an awarding organisation, Sports Leaders UK offer a range of qualifications to help learners develop vital leadership skills to help them succeed in education and employment. The Level 2 Qualification in Sports Leadership complements Cambridge Nationals Level 1/2 in Sport through shared learning whilst also providing learners with additional practical experience that can be applied in a community setting.

### How does a Level 2 Qualification in Sports Leadership support delivery of Cambridge Nationals Level 1/ 2 in Sport?

- Shared learning reduces delivery time of sports leadership qualification
- Additional leadership experience improves outcomes of qualifications.

### What do you and your learners get from adding Level 2 in Sports Leadership to the Cambridge Nationals Level 1/ 2 in Sport qualification?

- An additional qualification that further boosts employability
- Experience of assisting in the organisation and leading a sport/physical activity event
- A further enhanced CV for little additional delivery time
- A cohort of engaged leaders that can improve your school's reputation within the community.

### What did our sports leaders say about the qualification?

- 98% of sports leaders improved their communication skills
- 94% of sports leaders believed they were more employable
- 68% of sports leaders said the qualification improved attainment in other subjects
- 78% said it helped them get their first job.

If you would like to find out more about how Sports Leaders UK's Level 2 Qualification in Sports Leadership can add to your learners' progression through Cambridge Nationals Level 1/2 in Sport, get in touch by email: [contact@sportsleaders.org](mailto:contact@sportsleaders.org)

<http://www.sportsleaders.org/>

## SPORTS LEADERS UK QUALIFICATIONS

### Level 1 Qualification in Sports Leadership (SL1)

SL1 is a nationally recognised qualification that enables successful learners to assist in leading purposeful and enjoyable sport/physical activity, under direct supervision. It teaches leadership skills including organisation, planning, communication and teamwork through the medium of sport.

Minimum age on course start is 12 years.

Total Qualification Time (TQT) is 29 hours.

Tutored time (GL) is 18 hours.

3 credits.

### Level 2 Qualification in Sports Leadership (SL2)

SL2 is a nationally recognised qualification that enables successful learners to lead safe, purposeful and enjoyable sport/physical activity, under indirect supervision. It teaches leadership skills including organisation, planning, communication and teamwork through the medium of sport.

Minimum age on course start is 13 years.

Total Qualification Time (TQT) is 50 hours.

Tutored time (GL) is 24 hours.

5 credits.



# MAPPING

| Cambridge Nationals Sport Science Level 1/2 J802 |  |        |  | Sports Leaders UK Levels 1 and 2 qualifications                                |   |   |  |
|--|--|--------|--|--|---|---|--|
| Unit no.   | Unit title                               | LO no. | LO title   | Qualification  | Unit  | LO  | Teaching content<br><i>The learner must be taught...</i>   |
| R041   | Reducing the risk of sports injuries     | 1      | Understand different factors which influence the risk of injury  | L2   | 2. Plan, lead and evaluate sport/physical activity sessions | 1. Know how to plan structured, inclusive and safe sport/physical activity sessions | How to plan safe sessions to include: <ul style="list-style-type: none"> <li>Potential risks and hazards</li> <li>How to minimise risk and maximise safety before, during and after the session</li> </ul> |
|  |  | 3      | Know how to respond to injuries within a sporting context  | L2   | 2. Plan, lead and evaluate sport/physical activity sessions | 3. Be able to lead structures, inclusive and safe sport/physical activity           | How to deal with risks and hazards within sessions to include: <ul style="list-style-type: none"> <li>Dynamic risk assessment</li> <li>Understanding emergency procedures of the organisation</li> </ul>   |
| R042   | Applying principles of training          | 1      | Know the principles of training in a sporting context  | The content of these units do not map to the Sports Leaders UK qualifications. |   |   |  |
|  |  | 2      | Know how training methods target different fitness components  |  |   |   |  |
|  |  | 3      | Be able to conduct fitness tests   |  |   |   |  |
|  |  | 4      | Be able to develop fitness training programmes   |  |   |   |  |
| R043   | The body's response to physical activity | 1      | Know the key components of the musculo-skeletal and cardio-respiratory systems, their functions and roles            |  |   |   |  |
|  |  | 2      | Understand the importance of the musculo-skeletal and cardio-respiratory systems in health and fitness               |  |   |   |  |
|  |  | 3      | Be able to assess the short-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems |  |   |   |  |
|  |  | 4      | Be able to assess the long term effects of physical activity on the musculo-skeletal and cardio-respiratory systems  |  |   |   |  |

# MAPPING

| Cambridge Nationals Sport Science Level 1/2 J802 |                     |        |   | Sports Leaders UK Levels 1 and 2 qualifications                                |   |  |  |
|--|---------------------|--------|---|--|---|--|--|
| Unit no.   | Unit title          | LO no. | LO title  | Qualification  | Unit  | LO   | Teaching content<br><i>The learner must be taught...</i> |
| R044   | Sport psychology    | 2      | Know how motivation can affect sports performance                             | L1   | 2. Plan, assist in leading and review sport/physical activity | 3. Know how to lead structured and inclusive sport/physical activity | Motivation methods                                       |
| R045   | Sports nutrition    | 1      | Know about the nutrients needed for a healthy, balanced diet                  | The content of these units do not map to the Sports Leaders UK qualifications. |   |  |  |
|  |                     | 2      | Understand the importance of nutrition in sport                               |  |   |  |  |
|  |                     | 3      | Know about the effects of a poor diet on sports performance and participation |  |   |  |  |
|  |                     | 4      | Be able to develop diet plans for performers                                  |  |   |  |  |
| R046   | Technology in sport | 1      | Know how technology is used in sport  |  |   |  |  |
|  |                     | 2      | Understand the positive effects of sports technology                          |  |   |  |  |
|  |                     | 3      | Understand the negative effects of sports technology                          |  |   |  |  |
|  |                     | 4      | Be able to evaluate the impact of technology in sport                         |  |   |  |  |



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[www.ocr.org.uk/i-want-to/find-resources/](http://www.ocr.org.uk/i-want-to/find-resources/)

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#### Vocational qualifications

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