OCR
Oxford Cambridge and RSA

Sport

OCR J812 Unit R043 Level 1/Level 2
Cambridge Nationals Certificate in Sport Science
Unit Recording Sheet

Please read the instructions printed at the end of this form. **One** of these sheets, suitably completed, should be attached to the assessed work of **each** candidate.

Unit Title	**The body's response to physical activity**	**Unit Code**	**R043**	**Session**	**January**	**Year**	
Centre Name					**Centre Number**		
Candidate Name					**Candidate Number**		

Criteria			**Teacher Comments**	**Mark**	**Page No.**
LO1: Know the key components of the musculo-skeletal and cadio-respiratory systems, their functions and roles					
MB1: 1 – 3 marks	**MB2: 4 – 6 marks**	**MB3: 7 – 8 marks**			
Locates and identifies **some** key components of the musculo-skeletal system and its functions. Description of the key components and functions of the cardio-respiratory system is **basic**. **[1 2 3]**	Locates and identifies **many** key components of the musculo-skeletal system and its functions. Description of the key components and functions of the cardio-respiratory system is **detailed**. **[4 5 6]**	Locates and identifies **most** key components of the musculo-skeletal system and its functions. Description of the key components and functions of the cardio-respiratory system is **comprehensive**. **[7 8]**			
MB1: 1 – 5 marks	**MB2: 6 – 9 marks**	**MB3: 10 – 12 marks**			
Outlines the role of the musculo-skeletal system in producing movement. **Outlines** the role of the cardio-respiratory system in physical activity. **[1 2 3 4 5]**	**Describes** the role of the musculo-skeletal system in producing movement supported with a **range** of examples. **Describes** the role of the cardio-respiratory system in physical activity supported with a **range** of examples. **[6 7 8 9]**	**Comprehensively describes** the role of the musculo-skeletal system in producing movement supported with a **wide range** of examples. **Comprehensively describes** the role of the cardio-respiratory system in physical activity supported with a **wide range** of examples. **[10 11 12]**			

Criteria			Teacher Comments	Mark	Page No.
LO2: Understand the importance of the musculo-skeletal and cardio-respiratory systems in health and fitness					
MB1: 1 – 4 marks	**MB2: 5 – 7 marks**	**MB3: 8 – 10 marks**			
Identifies **some** benefits of cardio-respiratory fitness, muscular strength and endurance and muscular flexibility supported with a **few** examples. **[1 2 3 4]**	Describes a **range** of benefits of cardio-respiratory fitness, muscular strength and endurance and muscular flexibility supported with **mostly relevant** examples. **[5 6 7]**	Explains **accurately** and in **detail** a **wide range** of benefits of cardio-respiratory fitness, muscular strength and endurance and muscular flexibility supported with **clear** and **relevant** examples. **[8 9 10]**			
LO3: Be able to assess the short-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems					
MB1: 1 – 6 marks	**MB2: 7 – 11 marks**	**MB3: 12 – 15 marks**			
The short-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems are identified, measured and recorded with **limited** accuracy. **Some** teacher support may be required in planning and setting up suitable activities. **Describes** the adaptations recorded and makes **basic suggestions** as to why they have occurred. Draws upon **limited** skills / knowledge / understanding from other units in the specification. **[1 2 3 4 5 6]**	The short-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems are identified, measured and recorded **accurately**. **Little** teacher support is required in planning and setting up suitable activities. **Describes** the adaptations recorded and provides **some explanation** as to why they have occurred. Draws upon **some relevant** skills / knowledge / understanding from other units in the specification. **[7 8 9 10 11]**	The short-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems are identified, measured and recorded **precisely**. Planning and setting up of suitable activities is carried out **independently**. **Fully explains** the adaptations recorded and why they have occurred. **Clearly** draws upon **relevant** skills / knowledge / understanding from other units in the specification. **[12 13 14 15]**			

Criteria			Teacher Comments	Mark	Page No.
LO4: Be able to assess the long-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems					
MB1: 1 – 6 marks	**MB2: 7 – 11 marks**	**MB3: 12 – 15 marks**			
The long-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems are identified, measured and recorded **occasionally** with **limited** accuracy. **Some** teacher support may be required in planning and setting up suitable activities. **Describes** the adaptations recorded and make **basic suggestions** as to why they have occurred. **[1 2 3 4 5 6]**	The long-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems are identified, measured and recorded **accurately** and with **some regularity**. **Little** teacher support is required in planning and setting up suitable activities. **Describes** the adaptations recorded and provides **some explanation** as to why they have occurred. **[7 8 9 10 11]**	The long-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems are identified, measured and recorded **precisely** and at **regular**, **set intervals**. Planning and setting up of suitable activities is carried out **independently**. **Fully explains** the adaptations recorded and why they have occurred. **[12 13 14 15]**			
			Total/60	**0**	

If this is a re-sit, please tick		Session and Year of previous submission		Please tick to indicate this work has been standardised internally	

Please note: This form may be updated on an annual basis. The current version of this form will be available on the OCR website (www.ocr.org.uk).

Guidance on Completion of this Form

1 **One** sheet should be used for each candidate.
2 Please ensure that the appropriate boxes at the top of the form are completed.
3 Please enter *specific* page numbers where evidence can be found in the portfolio, and where possible, indicate to which part of the text in the mark band the evidence relates.
4 Circle the mark awarded for each strand of the marking criteria in the appropriate box and also enter the circled mark in the final column.
5 Add the marks for the strands together to give a total out of 60. Enter this total in the relevant box.