

## It's easy to join us

### Moving to Cambridge National in Sport Science (J828) from BTEC Tech Award in Sport (2022)

#### Are you currently teaching BTEC Tech Award in Sport?

This short guide will take a look at our Cambridge National in Sport Science, show you how it compares to the BTEC and how you can easily move to teaching our specification.

Developed with the support of teachers our Cambridge National in Sport Science has lots of key benefits for teachers and students.

#### Your students will:

- develop learning and practical skills that can be applied to real-life contexts and work situations as well as the independence and confidence to do this well
- be empowered to think creatively, innovatively, analytically, logically and critically so work completed is not just repeated, the reasons behind it are understood
- develop the skills to research, plan, write reports and programmes as well as evaluate both performance and their own skill as a leader
- take all the above building blocks forward to their next level of study or into the workplace.

#### Our specification offers:

- two mandatory units that contain key knowledge beneficial for working in the Sports industry in a variety of roles
- one externally assessed unit (R180) that focuses on knowledge and understanding
- one mandatory skills based, non-examined assessment unit, R181
- a choice of one from two optional skills based, non-examined assessment units, R182 and R183
- clearly laid out content with depth and breadth of knowledge exemplified
- a relevant curriculum to help you develop and apply your knowledge and understanding of both theoretical concepts as well as practical performance
- content that takes you on a learning journey through the world of Sport Science, helping you to develop not only your sports knowledge, but your transferable skills which will be invaluable within the workplace.

## About our Cambridge Nationals suite

**We believe in developing specifications that help you bring the subject to life and inspire your students to achieve more.**

We've created teacher-friendly specifications based on extensive research and engagement with the teaching community. They're designed to be straightforward and accessible so that you can tailor the delivery of the course to suit your needs.

You may be interested in this qualification if you want an engaging qualification where your students will use their learning in practical, real-life situations.

We offer a range of support services to help you at every stage, from preparation to delivery:

- **textbooks and teaching and learning resources from leading publishers.** For details of all the published resources that we endorse, check the [Cambridge Nationals page](#) on our website
- **free OCR resources** to help you plan your teaching and get your students **ready for assessment**
- an extensive **range of free professional development courses** covering everything from getting started to hands-on assessment practice. There are also regular Q&A opportunities with moderators and examiners. To find out more, visit our [professional development page](#)
- [Active Results](#): our **free results analysis service** to help you review the performance of individual students or whole school
- [ExamBuilder](#): our **free question-building platform** that helps you to build your own tests using past OCR exam questions
- **expert Subject Advisors** who are part of their subject communities and here to support you with advice, updates on resources, and information about training opportunities.

**Building  
a future  
for *all*  
your  
students**

## At a glance specification comparison

	Cambridge National in Sport Science	BTEC Tech Award in Sport (2022)
<b>Structure</b>	<p>For this qualification, students must achieve three units: one externally assessed and two Non Examined Assessment (NEA) units.</p> <p>120 GLH</p> <p>Two mandatory units –</p> <p>R180 – Reducing the risk of sports injuries and dealing with common medical conditions (48 GLH)</p> <p>and</p> <p>R181 – Applying the principles of training: fitness and how it affects skill performance (48 GLH)</p> <p>And one other optional unit from –</p> <p>R182 – The body’s response to physical activity and how technology informs this (24 GLH)</p> <p>R183 – Nutrition and sports performance (24 GLH)</p>	<p>For this qualification, students must achieve three components in the qualification: one externally assessed and two Non Examined Assessment (NEA) units.</p> <p>120 GLH</p> <p>Three mandatory components –</p> <p>Component 1. Preparing Participants to Take Part in Sport and Physical Activity (36 GLH)</p> <p>Component 2. Taking Part and Improving Other Participants Sporting Performance (36 GLH)</p> <p>Component 3. Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity (48 GLH)</p>
<b>Grading</b>	<p>All results are awarded on the following scale:</p> <p>Level 2 Distinction* (*2)</p> <p>Level 2 Distinction (D2)</p> <p>Level 2 Merit (M2)</p> <p>Level 2 Pass (P2)</p> <p>Level 1 Distinction (D1)</p> <p>Level 1 Merit (M1)</p> <p>Level 1 Pass (P1)</p> <p>Unclassified (U or u)</p>	<p>All results are awarded on the following scale:</p> <p>Level 2 Distinction* (D*)</p> <p>Level 2 Distinction (D2) Level 2 Merit (M2)</p> <p>Level 2 Pass (P2)</p> <p>Level 1 Distinction (D1)</p> <p>Level 1 Merit (M1)</p> <p>Level 1 Pass (P1)</p> <p>Unclassified (U or u)</p>

## Cambridge National in Sport Science

## BTEC Tech Award in Sport (2022)

<p><b>Assessment</b></p>	<p><b>R180</b> (M) Externally assessed – Exam of 1 hour 15 minutes</p> <p><b>R181</b> (M) Internally assessed and moderated by OCR. 48 Guided Learning Hours</p> <p><b>R182</b> (O) Internally assessed and moderated by OCR. 24 Guided Learning Hours</p> <p><b>R183</b> (O) Internally assessed and moderated by OCR. 24 Guided Learning Hours</p>	<p>Component 1 (M) Internally assessed and moderated by Pearson. 36 Guided Learning Hours</p> <p>Component 2 (M) Internally assessed and moderated by Pearson. 36 Guided Learning Hours</p> <p>Component 3 (M) Externally assessed (synoptic) – 1 hour 30 minutes. 48 Guided Learning Hours</p>
<p><b>Administration</b></p>	<p>There are two assessment series available each year in January and June to all students for all units.</p> <p>Exams officer responsible for entries.</p> <p>Internal assessments to use assignments set by OCR.</p> <p>OCR-set assignments for non-examined assessed (NEA) units are live for one year. Candidates have one resubmission opportunity. Resubmission of the same work must be in a series that falls in the live assessment dates for the assignment on which the work is based. All resubmissions must be based on the assignment that is live for the submission series. See the specification for more detail.</p> <p>Familiar administration for exams officers used to GQ arrangements.</p>	<p>There are two annual moderation windows, December/January and May/June.</p> <p>External assessments for this qualification are available twice a year in January/February and May/June.</p> <p>Internal assessments to use assignments set by Pearson.</p> <p>There are two non-exam internally assessed components, which will be assessed through Pearson-set Assignments</p> <p>Prior to submitting marks for moderation, where a student has not achieved their expected level of performance for an assignment, the centre may authorise one opportunity for students to improve evidence and resubmit for internal assessment within 15 days. Internal assessment should be conducted in time to allow for this resubmission window prior to moderation should it be needed.</p>

## Comparing assessment models

Cambridge National in Sport Science	BTEC Tech Award in Sport (2022)
<p><b>Mandatory</b></p> <p><b>Unit R180: Reducing the risk of sports injuries and dealing with common medical conditions</b></p> <p>70 marks (80 UMS) 48 GLH 1 hour 15 minute written examination OCR set and marked</p>	<p><b>Mandatory</b></p> <p>Component 1: Preparing Participants to Take Part in Sport and Physical Activity</p> <p>Non-exam internal assessment set by Pearson, marked by the centre and moderated by Pearson. The Pearson-set Assignment will be completed in approximately 5 hours of supervised assessment.</p> <p>60 marks.</p> <p>Assessment - December/January and May/June from 2023 onwards</p>
<p><b>Mandatory</b></p> <p><b>Unit R181: Applying the principles of training: fitness and how it affects skill performance</b></p> <p>80 marks (80 UMS). 48 GLH The set assignment contains 5 practical tasks OCR set, centre assessed and OCR moderated assignment</p>	<p><b>Mandatory</b></p> <p>Component 2: Taking Part and Improving Other Participants Sporting Performance</p> <p>Non-exam internal assessment set by Pearson, marked by the centre and moderated by Pearson. The Pearson-set Assignment will be completed in approximately 4 hours of supervised assessment.</p> <p>60 marks.</p> <p>Assessment - December/January and May/June from 2023 onwards</p>
<p><b>Optional</b></p> <p><b>Unit R182: The body's response to physical activity and how technology informs this</b></p> <p>40 marks (40 UMS) 24 GLH The set assignment contains 3 practical tasks OCR set, centre assessed and OCR moderated</p>	<p><b>Mandatory</b></p> <p>Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity</p> <p>External assessment set and marked by Pearson, completed under supervised conditions. The assessment will be completed in 1.5 hours within the period timetabled by Pearson.</p> <p>60 marks.</p> <p>Assessment - January/February and May/June from 2024 onwards</p>
<p><b>Optional</b></p> <p><b>Unit R183: Nutrition and sports performance</b></p> <p>40 marks (40 UMS) 24 GLH The set assignment contains 4 practical tasks OCR set, centre assessed and OCR moderated</p>	

## Next steps

If you are an OCR-approved centre, all you need to do is download the specification and start teaching. Your exams officer can complete an intention to teach form which enables us to provide appropriate support. When you're ready to enter your students, you just need to speak to your exams officer. (Section 7.5 of the specification gives more detail on entries and the requirements for making them.)

### J828 Cambridge National in Sport Science

Made up of three units:

- Units R180 and R181
- And one other unit from R182 and R183.

For full details please see section 5.1 of the specification.

Unit R180 is examined.

Units R181, R182 and R183 are centre assessed and moderated.

This specification has two series of assessment availability, each January and June, and does contain a terminal rule for the externally assessed unit.

For full details please see section 7.1 and 7.2 of the specification.

1. Get to know the specification, sample assessment materials and teaching resources on the Cambridge National in [Sport Science](#) web page.
2. Sign up to receive subject [updates by email](#).
3. Sign up to attend a [training event](#) or take part in a webinar on specific topics running throughout the year and our Q&A webinar sessions every half term.



**Really like the practical assessments and that students learn a lot of transferable skills that they can put on their CVs.**



## And finally...

### Detailed comparison of units

Cambridge National in Sport Science			BTEC Tech Award in Sport (2022)		
<b>Unit R180 Reducing the risk of sports injuries and dealing with common medical conditions</b> 70 marks (80 UMS) 48 GLH 1 hour 15 minute written examination OCR set and marked			Component 1	Component 2	Component 3
Topic Area 1: Different factors which influence the risk and severity of injury	1.1	Extrinsic factors			
	1.2	Intrinsic factors			
Topic Area 2: Warm up and cool down routines	2.1	Key components of a warm up	x	x	x
	2.2	Physiological and psychological benefits of a warm up	x		
	2.3	Key components of a cool down	x		
	2.4	Physiological benefits of a cool down	x		
Topic Area 3: Different types and causes of sports injuries	3.1	Acute injuries			
	3.2	Chronic injuries			
Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions	4.1	Measures that can be taken before and during participation in sport or physical activity to reduce risk and severity of injury/medical conditions			
	4.2	Responses and treatment to injuries and medical conditions in a sporting context			
Topic Area 5: Causes, symptoms and treatment of medical conditions	5.1	Asthma	x		
	5.2	Diabetes	x		
	5.3	Epilepsy			
	5.4	Sudden Cardiac Arrest (SCA)			
	5.5	Other medical conditions			

## Cambridge National in Sport Science

### Unit R181 Applying the principles of training: fitness and how it affects skill performance

70 marks (80 UMS)

48 GLH

OCR-set assignment

The set assignment contains 5 practical tasks

## BTEC Tech Award in Sport (2022)

Component 1

Component 2

Component 3

Topic Area 1: Components of fitness applied in sport	1.1	Relevance of components of fitness to different sports		<b>x</b>	
	1.2	Assess components of fitness		<b>x</b>	
	1.3	Application of components of fitness to skill performance		<b>x</b>	
Topic Area 2: Principles of training in sport	2.1	Principles of training and goal setting in a sporting context			<b>x</b>
	2.2	Methods of training and their benefits			<b>x</b>
Topic Area 3: Organising and planning a fitness training programme	3.1	Factors when designing a fitness training programme			<b>x</b>
	3.2	Planning a fitness based training programme			<b>x</b>
	3.3	Recording results from fitness training programme			<b>x</b>
Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme	4.1	Effectiveness of a fitness training programme			<b>x</b>



## Cambridge National in Sport Science

### Unit R182 The body's response to physical activity and how technology informs this

40 marks

24 GLH

OCR-set assignment

The set assignment contains 3 practical tasks

## BTEC Tech Award in Sport (2022)

Component 1

Component 2

Component 3

Topic Area 1: The cardio-respiratory system and how the use of technology supports different types of sports and their intensities	1.1	Components, function and role of cardio-respiratory system during exercise	<b>x</b>		
	1.2	Cardio-respiratory sports technology	<b>*</b>		<b>x</b>
Topic Area 2: The musculo-skeletal system and how the use of technology supports different types of sports and their movements	2.1	The components and role of the musculo-skeletal system in producing movement	<b>x</b>		
	2.2	Musculo-skeletal sports technology	<b>*</b>		<b>*</b>
Topic Area 3: Short-term effects of exercise on the cardio-respiratory and musculo-skeletal systems	3.1	The different short-term effects of exercise on the cardio-respiratory and musculo-skeletal systems	<b>*</b>		
Topic Area 4: Long-term effects of exercise on the cardio-respiratory and musculo-skeletal systems	4.1	The long-term effects of exercise on the cardio-respiratory and musculo-skeletal systems			<b>x</b>

\*Technology to measure exercise intensity: heart rate monitors, smart watches, apps.

**Unit R183 Nutrition and sports performance**

40 marks

24 GLH

OCR-set assignment

The set assignment contains 4 practical tasks

**Component 1**

**Component 2**

**Component 3**

Topic Area 1: Nutrients needed for a healthy, balanced nutrition plan	1.1	Characteristics of a balanced nutrition plan			
	1.2	The role of nutrients in sports and their sources			
Topic Area 2: Applying differing dietary requirements to varying types of sporting activity	2.1	The dietary requirements of endurance/aerobic activities			
	2.2	The dietary requirements of short intense/anaerobic activities			
	2.3	The dietary requirements of strength based activities			
Topic Area 3: Developing a balanced nutrition plan for a selected sporting activity	3.1	How to design and develop a balanced nutrition plan			
	3.2	Key factors when considering the success/impact of a nutrition plan			
Topic Area 4: How nutritional behaviours can be managed to improve sports performance	4.1	The effect of overeating on sports performance			
	4.2	The effects of undereating on sports performance			
	4.3	The effect of dehydration on sports performance			

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If you ever have any questions about OCR qualifications or services (including administration, logistics and teaching) please feel free to get in touch with our customer support centre.

Call us on  
**01223 553998**

Alternatively, you can email us on  
**support@ocr.org.uk**

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