



Oxford Cambridge and RSA

OCR Level 1/Level 2 Cambridge National in Sport Science
Qualification J828
Unit R182
Unit Recording Sheet

Please read the instructions printed at the end of this form. A Unit Recording Sheet must be completed for each candidate and unit.

Unit Title	The body's response to physical activity and how technology informs this	Unit Code	R182	Session		Year	2	0		
Centre Name						Centre Number				
Candidate Name						Candidate Number				

Marking Criteria			Teacher Comments	Mark	Page No.
Task 1 – Topic Area 1: The cardio-respiratory system and how the use of technology supports different types of sports and their intensities Topic Area 2: The musculo-skeletal system and how the use of technology supports different types of sports and their movements Topic Area 3: Short-term effects of exercise on the cardio-respiratory and musculo-skeletal systems					
MB1: 1 - 4 marks	MB2: 5 - 8 marks	MB3: 9 - 12 marks			
<p>Gives a basic outline of the techniques used to gather cardio-respiratory and musculo-skeletal systems data before and after completing their training activity. Supported with limited data.</p> <p>Briefly outlines short-term responses of both the cardio-respiratory and musculo-skeletal systems to the training activity. Gives limited or no explanation of why these have occurred.</p> <p>Briefly outlines what benefits these short-term responses could make to their performance in their selected sport activity.</p> <p style="text-align: right;">[1 2 3 4]</p>	<p>Adequately describes the techniques used to gather cardio-respiratory and musculo-skeletal systems data before and after completing their training activity. Supported with an adequate range of data showing some of the changing variables.</p> <p>Sound links are made between the intensity of the training activities, and the short-term responses of both the cardio-respiratory and musculo-skeletal systems. Gives some explanation of why these have occurred.</p> <p>Adequately explains what benefits these short-term responses could make to their performance in their selected sport activity.</p> <p style="text-align: right;">[5 6 7 8]</p>	<p>Comprehensively describes the techniques used to gather cardio-respiratory and musculo-skeletal systems data before and after completing their training activity. Supported with a wide range of data clearly showing all the changing variables.</p> <p>Complex links are made between the intensity of the training activities, and the short-term responses of both the cardio-respiratory and musculo-skeletal systems. Comprehensively discusses why these have occurred.</p> <p>Clearly explains what benefits these short-term responses could make to their performance in their selected sport activity.</p> <p style="text-align: right;">[9 10 11 12]</p>			
				/12	

Marking Criteria			Teacher Comments	Mark	Page No.
Task 2 – Topic Area 1: The cardio-respiratory system and how the use of technology supports different types of sports and their intensities Topic Area 2: The musculo-skeletal system and how the use of technology supports different types of sports and their movements Topic Area 4: Long-term effects of exercise on the cardio-respiratory and musculo-skeletal systems					
MB1: 1 - 4 marks	MB2: 5 - 8 marks	MB3: 9 - 12 marks			
<p>The long-term effects of exercise on the cardio-respiratory and musculo-skeletal systems are briefly described and are supported with basic examples from their selected sport activity.</p> <p>Outlines few adaptations and makes basic suggestions as to why they have occurred, using limited examples from their selected sport activity.</p> <p>Limited discussion of the long-term benefits and/or drawbacks to them in their selected sport activity.</p> <p style="text-align: right;">[1 2 3 4]</p>	<p>The long-term effects of exercise on the cardio-respiratory and musculo-skeletal systems are adequately discussed and supported with a range of examples from their selected sport activity.</p> <p>Describes some adaptations and provides some explanation as to why they have occurred, using a range of examples from their selected sport activity.</p> <p>Adequately discusses the long-term benefits and drawbacks to them as a performer, using a range of examples from their selected sport activity.</p> <p style="text-align: right;">[5 6 7 8]</p>	<p>The long-term effects of exercise on the cardio-respiratory and musculo-skeletal systems are comprehensively discussed and supported with a wide range of well-developed examples from their selected sport activity.</p> <p>Describes in detail adaptations and provides clear explanations why they have occurred, using a wide range of well-developed examples from their selected sport activity.</p> <p>Discusses in detail the long-term benefits and drawbacks of the adaptations to them as a performer, using a wide range of examples from their selected sport activity.</p> <p style="text-align: right;">[9 10 11 12]</p>			
				/12	

Marking Criteria			Teacher Comments	Mark	Page No.
Task 3 – Topic Area 1: The cardio-respiratory system and how the use of technology supports different types of sports and their intensities					
MB1: 1 - 3 marks	MB2: 4 - 7 marks	MB3: 8 - 10 marks			
<p>Briefly outlines a type of technology that provides them as a performer or their coach with information regarding the cardio-respiratory system during training and participation in their selected activity.</p> <p>Briefly outlines how the technology can maximise benefits and/or minimise drawbacks for long-term participation in their selected activity.</p> <p style="text-align: right;">[1 2 3]</p>	<p>Adequately describes a range of technology and the information it provides them as a performer and/or their coach with information regarding the cardio-respiratory system to support them during training and participation in their selected activity.</p> <p>Adequately explains how the technology can maximise benefits and minimise drawbacks for long-term participation in their selected activity.</p> <p style="text-align: right;">[4 5 6 7]</p>	<p>Comprehensively describes how a wide range of technology provides them as a performer and their coach with information regarding the cardio-respiratory system to support them during training and to maximise participation in their selected activity.</p> <p>Fully explains how the technology can maximise benefits and minimise drawbacks for long-term participation in their selected activity.</p> <p style="text-align: right;">[8 9 10]</p>		/10	

Marking Criteria			Teacher Comments	Mark	Page No.
Task 3 – Topic Area 2: The musculo-skeletal system and how the use of technology supports different types of sports and their movements					
MB1: 1 - 2 marks	MB2: 3 - 4 marks	MB3: 5 - 6 marks			
<p>Briefly outlines a type of technology that provides them as a performer or their coach with information regarding the musculo-skeletal system during training and participation in their selected activity.</p> <p>Briefly outlines how the technology can maximise benefits and/or minimise drawbacks for long-term participation in their selected activity.</p> <p style="text-align: right;">[1 2]</p>	<p>Adequately describes a range of technology and the information it provides them as a performer and/or their coach with information regarding the musculo-skeletal system to support them during training and participation in their selected activity.</p> <p>Adequately explains how the technology can maximise benefits and minimise drawbacks for long-term participation in their selected activity.</p> <p style="text-align: right;">[3 4]</p>	<p>Comprehensively describes how a wide range of technology provides them as a performer and their coach with information regarding the musculo-skeletal system to support them during training and to maximise participation in their selected activity.</p> <p>Fully explains how the technology can maximise benefits and minimise drawbacks for long-term participation in their selected activity.</p> <p style="text-align: right;">[5 6]</p>		/6	
Total				/40	

Please tick to confirm this work has been standardised internally	
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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).

A Centre Authentication form (CCS160) **must** be completed for each submission to the moderator. This **must** be held in your centre to be available on request at centre inspection.

Guidance on Completion of this Form

- 1 One form should be used for every candidate.
- 2 Please make sure that all parts 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/highlight the mark awarded for each strand of the marking criteria in the appropriate box.
- 5 Enter the circled/highlighted mark in the 'Mark' column.
- 6 Add the marks for the strands together to give a total out of 40. Enter this total in the relevant box.
- 7 For Paper-based submissions, one of these sheets, suitably completed, should be attached to the assessed work of each candidate.
- 8 For Electronic Internal submissions, prior to submitting 'candidate evidence' to OCR (via the Repository/SfA or via a USB), the Centre should add a separate folder containing the Unit Recording Sheets.