

Sport Science Examination Information

Subject Content:

- Unit R180: reducing the risk of sport injuries and dealing with common medical conditions
- Unit R181: Applying the principles of training: fitness and how it effects skill performance
- Unit R182: The body's response to physical activity and how technology informs this
- Unit R183: Nutrition and sport performance

Subject	Exam board	Exam Board Specification Title	Link to specification
Sport Science	OCR	OCR Level ½ Cambridge National in Sport Science	Specification

Assessment:

Entry code	Qualification title	GLH	Reference
J828	OCR Level ½ Cambridge National in Sport Science	120	603/716/7
<ul style="list-style-type: none">• Made up of three units:• Units R180 and R181• And one other unit from R182 and R183			

***The GLH includes assessment time for each unit**

Sport Science Examination Information

Unit R180: Reducing the risk of sports injuries and dealing with common medical conditions	
48 GLH 1 hour 15 minute written examination 70 marks (80 UMS) OCR-set and marked Calculators are not required in this exam	This question paper has two parts: <ul style="list-style-type: none">• Section A – short answer questions focused on PO1• Section B – includes short and medium answer questions focused on PO2, with some PO1 Final question is extended response PO3 question.
Unit R181: Applying the principles of training: fitness and how it affects skill performance	
48 GLH OCR-set assignment 80 marks (80 UMS) Centre-assessed and OCR moderated	This set assignment contains 5 tasks. It should take approximately 16 GLH to complete.
Unit R182: The body's response to physical activity and how technology informs this	
24 GLH OCR-set assignment 40 marks (40 UMS) Centre-assessed and OCR moderated	This set assignment contains 3 tasks. It should take approximately 8-10 GLH to complete.
Unit R183: Nutrition and sports performance	
24 GLH OCR-set assignment 40 marks (40 UMS) Centre-assessed and OCR moderated	This set assignment contains 4 tasks. It should take approximately 8-10 GLH to complete.