



Wigston Academy

SPORTS STUDIES

2024 - 2026



Examination Board

OCR – J829

Entry Requirements

- Good IT skills
- Leadership qualities
- Play at least 1 sport outside of school competitively

What will I be studying?

R184: Contemporary issues in sport (70 Marks)

This is assessed by an exam. By completing this unit you will understand a range of topical and contemporary issues in sport, including learning about participation levels and barriers to completing sporting activities. You will also learn how participation is impacted by the promotion of values and ethical behaviour, about the role of high-profile sporting events, the role of national governing bodies and how technology is used in within sport.

Topics include:

- Issues which affect participation in sport
- The role of sport in promoting values
- The implications of hosting a major sporting event for a city or country
- The role National Governing Bodies (NGBs) play in the development of their sport
- The use of technology in sport.

R185: Performance and leadership in sports activities (80 Marks)

This is assessed by a set assignment In this unit you will have an opportunity to develop your skills both as a performer in two different sporting activities, and as a leader, developing a range of transferable skills. You will work both independently and as part of a team, including communicating with team mates as well as being in front of an audience when you perform. You will perform under pressure, both as a participant and as a leader, and will use your initiative to solve problems and make decisions. Finally, you will deal with rapidly changing conditions and situations.

Topics include:

- Key components of performance (Practical)
- Applying practice methods to support improvement in a sporting activity (Written Coursework)
- Organising and planning a sports activity session (Written Coursework)
- Leading a sports activity session (Practical)
- Reviewing your own performance in planning and leading a sports activity session. (Written Coursework)

R186: Sports and the Media (40 Marks)

This is assessed by a set assignment. In this unit you will understand the different sides of a range of media sources and apply real life examples to show the nature of the relationship between media and sport. You will also learn how rapid development in technology is enabling sport to be viewed, replayed and discussed whenever and wherever the spectator wants. You will then develop your ability to evaluate and interpret the different ways in which sport is represented by the media.

Topics include:

- The different sources of media that cover sport (Written Coursework Task)
- Positive effects of the media in sport (Written Coursework Task)
- Negative effects of the media in sport (Written Coursework Task)

How will I be studying?

Lessons are primarily theory based, but whenever possible elements of the course will be taught in a practical environment.

How will I be assessed?

Coursework (7 pieces – 45%)

Examination (35%)

1 x 1.15 Hour Exams

Contemporary issues in sport (70 Marks)

Practical Assessment (20%)

Practical performance in two different activities. Sports must be on the OCR prescribed list.
1 x Leadership task.

Where Next?

A wide variety of college courses and apprenticeships - awarding institutions recognise GCSE PE. The transferable skills gained through the course are valuable in a wide range of careers; you will develop a problem-solving approach to your learning, and a capacity to deal with challenging situations as well as building a sound knowledge and understanding of the subject that will be relevant to a whole range of studies. It also gives an insight into the many diverse opportunities that are available within the world of sport. Students often go on to university to study Sports Science, Physical Education or coaching degrees. Possible career options include: PE teaching, Sports Coaching/Management, Sports Psychology or Nutrition, Personal Trainer.