

**GOOD
THINGS
COME
TO THOSE
WHO**

PERSEVERE



OCR Sports
Science
Information
Evening
Thursday 3rd
Oct 2024
Mr Jones
(Head of PE)

J828 OCR Sports Science Level 2

OCR Oxford and Cambridge
exam board

Exam breakdown

- Unit R183 (Sports Nutrition) = 20%
- Unit R181 (Personal Training) = 40%
- Unit R180 Sporting Injuries and
Medical Conditions = 40%

Unit 1 {R183} = 20% Coursework

This comprises of 4 Topic Areas

- 1) What makes up a healthy and balanced diet?
- 2) Apply three different diets to three different training methods.
- 3) Provide a new two-week diet plan and the reasons as to why.
- 4) Overeating, undereating and dehydration.


This unit runs from September to February in Year 10.

Unit 2 {R181} = 40% Coursework

This comprises of four Topic Areas.

- 1) Linking Components of fitness to two chosen sports.
- 2) Applying Principles of Training.
- 3) Organise and plan a 6 week training programme.
- 4) Review your programme.

This unit runs from February (year 10) to December in Year 11.



Unit R180 {EXAM} = 40% Final written exam.

This comprises five areas of injuries, treatments and rehabilitation programmes.

PE Classrooms – school email and password is West1.

ALL WORK SUBMITTED VIA TEAMS ON OFFICE 365

This unit runs from January till May of their final year

L2 Courses – Grades explained

L2 D* = Level 2 Distinction Star = The best grade that can be achieved.

L2 D = Level 2 Distinction

L2 M = Level 2 Merit

L2 P = Level 2 Pass

Below this line is not a good pass. This will mean colleges will not take you on courses of your choice and you will need to repeat the L2 part of the course, **if** they can find a suitable course for you. This also means that you start your post-16 studies at a lower level than other students / apprentices who have L2 grades above this line.

L1 D* = Level 1 Distinction Star

L1 D = Level 1 Distinction

L1 M = Level 1 Merit

L1 P = Level 1 Pass

GCSE Courses – Grades explained

Current GCSE Grading	Old Grading
9	A*
8	A*
7	A
6	B
5	B/C
4	C
3	D/E
2	E/F
1	E/G
U	U

Students will be getting their year 11 target grades very soon.

They must aim for these.

Aiming for just a 4, when they have a target grade of 6 is not acceptable.

Students achieving less than a 4 in English or Maths may not be accepted on college courses.

Students achieving a 6 rather than a 7, will not be able to study certain A-Level courses due to their challenge.



This GCSE/L2 course:

Is designed for students who are looking to work within areas such as **fitness, coaching, sports development, sports science, physiotherapy, teaching and leisure industries.**

Will benefit students who enjoy Sport and PE.

One OCR equivalent in sport is a **valued asset** to have when applying for college, 6th form and future employment.