



# Outdoor Education

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## Cambridge Nationals Certificate in Sport Studies (Outdoor Education)

### Who is it for?

- Students who are looking for a career in teaching or coaching PE and Outdoor Education.
- Students who are interested in outdoor and adventurous activities such as rock climbing, orienteering and kayaking.
- Students who take part in at least one sport outside of school (team or individual).
- Students who want to take on responsibility and leadership opportunities.
- Students who enjoy completing coursework and are good at meeting deadlines.

Cambridge Nationals Certificate in Sport Studies (Outdoor Education) is designed to give you an insight into the world of sport and outdoor education. With focuses on leadership, sport in the UK and health and wellbeing, the course gives you the tools to pursue a career in a wide variety of roles within sport. Our unique application of the course through outdoor education is perfect for students who have interests outside of the traditional sporting activities and wish to develop and improve their skills in challenging environments.

### Syllabus Content

There are 3 units to complete within the course:

#### Core Units

- **Unit R184:** Contemporary Issues in Sport (external exam- 40%) - sat in Year 11
- **Unit R185:** Performance and leadership in sports activities (coursework and practical assessment – 40%)

#### Specialist Unit

- **Unit R187:** Increasing awareness of Outdoor and Adventurous Activities (coursework and practical assessment – 20%)

### Assessment

On successful completion of the Cambridge Nationals Certificate, students will be awarded a GCSE qualification in OCR Cambridge Nationals Sports Studies Level 1/2.

The course consists of 1 externally assessed exam sat in Year 11, and 2 coursework units assessed using several designated assignments. Observations of performance and presentations are examples of assessment methods, however, there is a large component of written work required.

A final grade of Level 2 Pass (4), Level 2 Merit (5/6), Level 2 Distinction (7), or Level 2 Distinction\* (8/9) is decided by attainment in each unit, depending on the marks achieved in each piece of coursework or exam. The combined score of each unit is collated to work out the final grade awarded.

## **Additional Costs**

In the last term of Year 9 and 10 we look to organize a day off school to participate in an Outdoor Activity. For this to occur, students will need to contribute towards the cost of external instructors and travel costs. This is around £30-40 per year.

## **Extra Qualifications Gained**

In addition to a Cambridge Nationals Certificate Sport Studies qualification, I would expect hard-working students to want to work towards improving personal skills to gain many of the following proficiency awards by the end of year 11:

- British Canoeing Paddle Awards in Kayak and Canoe
- National Indoor Climbing Award Levels 1 and 2
- Young First Aider

## **What can I do with an Outdoor Education Qualification?**

The course has been developed to provide you with the fundamental skills and knowledge to continue to the Cambridge Technicals in Sport and Physical Activity, Level 3 BTEC National Extended Certificate in Sport, A-Level Physical Education, or it can be used as a GCSE towards your 6th form intake requirements. It is also a useful course for those looking to leave and go into employment in the coaching and instructing sectors.

## **For further information see**

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