



# CAMBRIDGE NATIONAL SPORTS STUDIES



This qualification equips you with sound specialist knowledge through practical application. You will study two mandatory units and one optional unit from a choice of two.

Unit	How are you assessed?	Mandatory/Optional
<b>Contemporary issues in sport</b>	External assessment - Exam	Mandatory
<b>Performance and leadership in sports activities</b>	Coursework	Mandatory
<b>Sport and the media</b>	Coursework	Optional
<b>Increasing awareness of Outdoor and Adventurous Activities</b>	Coursework	Optional

## What will it look like for me?

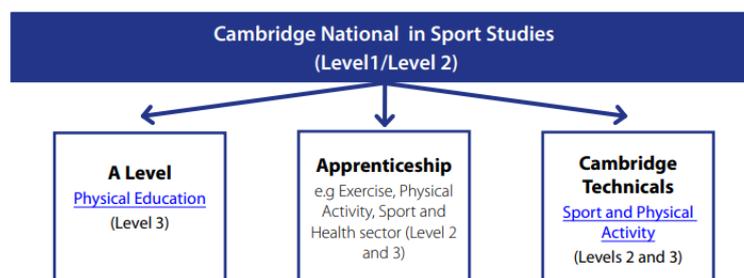
You will develop knowledge, understanding and skills that you can apply to a range of approaches that are relevant to the workplace or higher education. You will be able to:

- Recall, select and apply knowledge and understanding, using practical sporting examples;
- Demonstrate knowledge and understanding of physical and psychological factors that affect performance as well as demonstrating your practical performance skills within two sporting activities;
- Identify, plan and carry out a range of activities and exercises to prepare for, and recover from, sporting activities;
- Demonstrate awareness of how to meet specific needs when developing and delivering different physical activity programmes.

## Next steps

This may be Level 3 vocational qualifications, such as the Cambridge Technical in sport and physical activity, AS or A-Levels, such as physical education, psychology, sociology, sport, media, or an apprenticeship in community activator coach, leisure team members, personal trainer or outdoor activity instructor.

The diagram below shows the possible progression routes for your further study:



Benefits to the programme	Which subjects will complement this course?	Potential careers
<ul style="list-style-type: none"> <li>• Offers the same performance points as a GCSE</li> <li>• Recognised by the DfE and can be used as a progression to A level, further education or apprenticeship work;</li> <li>• Gaining experience in a wide range of transferrable skills, such as: communication, writing, evaluating/analysing, problem solving, the ability to work within a team and working under pressure.</li> </ul>	GCSE biology GCSE combined science GCSE food preparation and nutrition GCSE media studies GCSE psychology GCSE sociology Creative iMedia	Sports coaching Sports nutrition Personal trainer Teaching/lecturing Sports psychologist Sports development