

## Cambridge National in Sports Science

### **HOMEWORK AND REVISION Tips**

1. Dedicate 1 hour per week – perhaps in 2 x 30 mins lots. Once you are in the routine, it is easy. Know exactly when and where you are going to do it, the same time every week.
2. Buy a book (lined pages) from Tesco / ASDA and use it record your study notes – use colours to make important parts stick out.
3. Summarise the course content – make sure you cover everything – tick off the topics from the content list as you do them and understand them.
4. Keep a record of all the Youtube links and study sites you find...you'll need them for studying and exam revision.
5. Follow interesting and educational sports accounts on social media
6. Study a topic and then TALK to people at home about the topic you have been studying (talking about something is a great way to understand reinforce the information you are learning – get them to ask you questions) they could even do it while they are preparing dinner!
7. Ask questions – if you are not sure about something – email your teacher, or find them at school, any time.
8. Study with someone else – a study buddy or a group – write test questions for each other.

### Youtube Channels to look out for and subscribe to

- BBC Sport
- BBC Sport – Topic
- Anatomy and Physiology Crack
- New Anatomy and Physiology
- TrewExPhys – Exercise Physiology
- Sports Science Collective
- Sport Science Solutions
- Sports Science – Topic
- MyPEexam
- ispeakPE

### Course Organisation

25% Reducing the Risk of Injuries – externally assessed exam  
25% Sports Nutrition –coursework  
25% Principles of Training – coursework  
25% The Body's response to Physical Exercise –coursework

Students are graded as follows;

Level 2 (equivalent to a pass or Grade 4 at GCSE)

Distinction\*  
Distinction  
Merit  
Pass

Level 1 (equivalent to below a grade 4 at GCSE)

Distinction  
Merit  
Pass

You can find links to the specification, the course outline and exemplar documents on the school website.



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