

**Cambridge Technicals (2012)**

**Level 2 / Level 3**

**Sport**

**05400, 05402, 05405  
05407, 05409, 05412, 05415, 05418**

**Moderators' report 2019 series**

## **About this Moderators' report**

This report on the 2019 series assessments aims to highlight:

- areas where students were more successful
- main areas where students may need additional support and some reflection
- points of advice for future assessment/moderation

It is intended to be constructive and informative and to promote better understanding of the specification content, of the operation of the scheme of assessment and of the application of assessment criteria.

The report also includes links and brief information on:

- A reminder of our **post-results services** including **reviews of moderation**
- **Further support that you can expect from OCR**, such as our CPD programme

## Reviews of results

If any of your students' results are not as expected you may wish to consider one of our reviews of results services. For full information about the options available visit the [OCR website](#). If University places are at stake you may wish to consider priority service 2 reviews of marking which have an earlier deadline to ensure your reviews are processed in time for university applications: <http://www.ocr.org.uk/administration/stage-5-post-results-services/enquiries-about-results/service-2-priority-service-2-2a-2b/>

## Grade boundaries

Grade boundaries for this, and all other assessments, can be found on the [OCR website](#).

## Further support from OCR

# CPD Training

Attend one of our popular CPD courses to hear exam feedback directly from a senior assessor or drop in to an online Q&A session.

Please find details for all our courses on the relevant subject page on our website.

[www.ocr.org.uk](http://www.ocr.org.uk)

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## **Overview**

There are two levels to the sport qualifications as detailed below.

### **OCR Cambridge Technical Sport Level 2 (2012 suite)**

At this level there are three separate qualifications:

Certificate = 15 credits

Extended Certificate = 30 credits

Diploma = 60 credits

All three levels of the qualification have been delivered by centres.

The qualifications are usually being delivered over one year.

Many centres have chosen to deliver the mandatory units first. Centres have also reported that this assists with learner motivation and enthusiasm towards the programme.

All units are centre assessed, internally standardised and externally moderated by an OCR Visiting Moderator.

### **OCR Cambridge Technical Sport Level 3 (2012 suite)**

This attracts UCAS points.

At this level there are five separate qualifications:

Certificate = 30 credits

Introductory Diploma = 60 credits

Subsidiary Diploma = 90 credits

Diploma = 120 credits

Extended Diploma = 180 credits

All five levels of the qualification have been delivered by centres.

The qualifications are being delivered in a variety of different formats dependent on the size of the qualification: usually over one or two academic years. Many centres initially deliver the Introductory Diploma or the Subsidiary Diploma, and then register Candidates on the Diploma or Extended Diploma during their second year of study.

The majority of centres have chosen to deliver the mandatory units first, followed by the optional units.

All units for all qualifications are centre assessed, internally standardised and externally moderated by an OCR Visiting Moderator.

## **General comments**

### **Level 2 and Level 3**

The majority of centres have been able to assess the work to the required standard, however, a small number of centres, delivering the qualifications for the first time, have had units withdrawn on first submission due to there being insufficient evidence to quantify the grades awarded. All centre reports have contained detailed action points.

Candidates have produced evidence by a variety of methods. This includes written work, reports, posters, video footage, witness statements, photographs, tables, templates used for practical lesson plans, annotated diagrams, leaflets, questionnaires, cards and booklets.

Many centres provide detailed witness statements particularly for the practical units. Centres need to ensure that all witness statements are detailed, significantly different to one another and personalised, reference to the mark scheme is highly recommended.

In most centres care has been taken when using the internet. Measures are taken to ensure candidates do not download information and present it as their own. However, this is an ongoing problem and centres need to be particularly vigilant to ensure that candidates work is their own and that any use of others material is comprehensively referenced. Where definitions have been downloaded from the internet they should be, as a minimum, referenced and if possible put into their own words.

#### **Generic feedback:**

Feedback by centre assessors has been beneficial to the candidates and has enabled the candidates to achieve appropriate grades. This has meant that the OCR Visiting Moderator has been able to find the appropriate evidence easily. All centres are using the OCR Unit Recording Forms.

Centres contact their visiting moderator if they have any queries about the qualification or the moderation process. Centres also contact OCR direct if they have queries about the interpretation of the specification and required evidence. All queries are dealt with and resolved quickly. As the qualification is now well established there were no specification issues this year.

## Comments on individual units

### Level 2 units

Unit 1 - Practical Sport: P3 Candidates need to include the scoring systems of both sports. Candidates usually describe the main roles and responsibilities of officials in team and individual sports. However, in order to gain M2 they need to describe the main roles and responsibilities of officials in team and individual sports in relation to positioning.

P7 all Candidates need to include a blank form for this assessment criteria as well as using a form for P8. Detailed witness statements are required as evidence for progression from P1 to D1 these need to contain enough information to demonstrate the learner's ability to adapt skills, techniques and tactics during team and individual sports. Often the witness statements contain insufficient detail to quantify the awarding of a Distinction grade. M4 and M5 require a range of methods to analyse sports performance two methods should be used.

Unit 2 - Anatomy and Physiology for Sport: P2 asks Candidates to describe joints and the movements allowed at each. The joints are usually described in detail however often the movements allowed at the joints are mentioned but not described. It is recommended that there is pictorial evidence supported with a description and a sporting example. M1 Asks Candidates to locate joints and muscles used in a range of sporting actions. Candidates' descriptions need to be linked to diagrams to show location. A range is three or more.

#### Unit 3 – Fitness Testing and Training

LO1: Candidates need to make stronger links between components of fitness and the requirements of their chosen sport, using specific examples. Often the evidence provided is generic rather than sport specific which results in lower marks.

#### Unit 4 – Nutrition for Sports Performance

LO1: Candidates need to be more specific with the nutritional requirements as the information given tends to be just general. P1 asks them to describe the nutritional requirements of a selected sport – the focus needs to be on the sport chosen which should be identified at the beginning.

LO2: Candidates need to include the following in their food diaries: times, amounts or types of food.

#### Unit 6 – Lifestyle and the Sports Performer

P6 requires Candidates to describe three financial issues elite athletes need to consider. Often there is not enough detail relating to the financial issues which shows a lack of understanding. M3 requires the learner to give an example of how an elite athlete has developed their career and dealt with financial issues. In the majority of cases the information provided is too generic.

#### Unit 8 – Injury in sport

P2 requires learners to describe two types of illness related to sports participation. These illnesses should be taken from the specification as sometimes centres use heart attacks and strokes.

P4 asks for six risks and hazards for a named sport. It is important that Candidates identify which sport they have chosen and that they ensure that the risks and hazards are for that sport rather than generic information.

#### Unit 9 – Planning and leading sports activities

P1 requires learners to use two sports leaders as examples. It is recommended that the two sports leaders chosen have two separate roles e.g. a manager and a captain or a manager and a coach. It is also recommended that the leaders chosen are recent.

P2 requires learner to plan and lead an activity. This should be done as in individual not as part of a group.

### **Level 3 units**

#### Unit 1 - Principles of Anatomy and Physiology in Sport:

M1 requires Candidates to locate the bones, joints, movement types and muscles used during a range of sporting activities. In a minority of cases Candidates only listed the information and did not locate against a range of sporting actions. A range is three or more.

M2 and D1 require Candidates to describe the roles of the cardiovascular and respiratory systems during exercise, and go on to outline the relationships of these and energy systems before, during and after a sporting activity. Often the description provided was not in enough detail in relation to exercise.

#### Unit 2 - Sports Coaching: Practical Sport:

P1 requires Candidates to describe four roles and four responsibilities of sports coaches, using examples of coaches from different sports. Many Candidates did not fulfil the 'using examples of coaches from different sports' criteria. The same four sports can be used for the roles and for the responsibilities. It is recommended that Candidates highlight the sports they are using as examples thus ensuring they meet these requirements. It is also recommended that the examples used are recent.

P2 requires Candidates to describe three skills common to successful sports coaches, using examples of coaches from different sports. Many Candidates did not fulfil the 'using examples of coaches from different sports' criteria.

D1 requires Candidates to continually review sports coaching sessions making amendments to the planning and delivery of upcoming sessions where needed. In order to achieve this criterion the learner must ensure that the session plans they have produced for M3 are continually reviewed and that it is obvious what amendments have been made within the session plan. As part of their review Candidates also need to state whether or not they achieved the session objectives.

#### Unit 3 - Current Issues in Sport:

P1 requires Candidates to describe the development and organisation of a selected sport in the UK. All Candidates were able to describe the development of the selected sport, however, they did not always include details of how the sport was organised in the UK. The majority of centres found that P2 and M1 lent themselves to being assessed together, as providing a detailed description for P2 meant that Candidates automatically achieved M1. This was also the case for P3 and M2.

P4 requires Candidates to describe the effects that four contemporary issues have on a selected sport, in some instances Candidates related these to different sports, not a selected sport.

M3 requires Candidates to give examples of sports which have been affected by contemporary issues. In some instances this has been awarded without there being examples from different sports, just more examples from the same sport. It is recommended that the four contemporary issues described in P4 have a sub-heading to enable M3 to be achieved.



Unit 4 - The Physiology of Fitness:

This unit focuses on the effects of exercise on the various body systems both in the long and short term. Centres who successfully delivered this unit related the information to practical activities that the Candidates participated in and recorded the appropriate results.

D1 requires Candidates to compare the effects of exercise on the musculo-skeletal, cardiovascular, respiratory and energy systems for a selected performer against an elite performer. In order to achieve this, Candidates need to use numerical data and refer to this data when comparing the effects of exercise on the various body systems.

Unit 5 – Sport Nutrition

P6 - requires Candidates to include details on the appropriate amount of carbohydrates, fats, proteins, water, fibre, vitamins, minerals that are needed for a balanced diet. Often the diet plan did not contain enough detail.

Unit 7 – Practical Team Sports

Unit 11 – Practical Individual Sports

P4/P5 requires Candidates to carry out a self-analysis using two different methods of assessment identifying strengths and areas for improvement in two sports. Candidates need to make it obvious which two methods have been used and identify strengths and areas for improvement for both methods separately.

Unit 15 – Sport Injuries

P3/P4 Candidates find it easy to describe physiological responses common to sports injuries for P3 however they often do not fully describe the psychological responses as required for P4 therefore there needs to be more of an emphasis on delivery of this aspect of the specification. Likewise for M2 and D1 Candidates are able to identify and adapt treatment programmes with regard to the physiological responses, however, they often do not provide much evidence of identifying and adapting treatment programmes with regard to the psychological responses.

Unit 18 – Sport and Exercise Massage

Learning Outcome 4 asks that the Candidates be able to perform and review sport and exercise massage techniques. Often centres video the evidence for P6; M3 and D2 for internal standardisation. This video evidence might not be available to the visiting moderator due to 'privacy legislation' in which case a detailed witness statement is acceptable evidence for this LO and associated assessment criteria.

Unit 19 – Organising Sports Events

P3/M1/D1 Candidates are only required to organise one event. The type of event organised will determine which assessment criteria they can achieve.

Unit 21 – The Athletes Lifestyle

P4 – Candidates need to ensure that the two different types of media interview are described in depth as there are significant differences in the factors to be taken into consideration for TV and radio interviews.

P6 – requires Candidates to produce a career plan covering an individual's career as an athlete and their career outside competitive sport. The focus should be on an up and coming athlete rather than one who has played professional sport and now has a second career.

Unit 23 – Fitness training and Programming

M2 - requires the Candidates to include SMART goals

M3 – requires Candidates to analyse performance against set goals during a six-week training programme this should include relating the performance against the SMART goals identified in M2

Unit 25 – Fitness testing for Sport and Exercise

P1 all Candidates need to ensure that they describe one test for each component of physical fitness, including advantages and disadvantages for all of the components of fitness listed in the specification.

P3/P4 - requires Candidates to use appropriate health screening procedures and administer tests to two contracting individuals.

**Sector update**

The specification for the Level 2 Sport qualification will remain the same for delivery and is currently accredited for last awarding in December 2024. From September 2017 there is a new specification for the Level 2 qualification for delivery entitled Cambridge Technical Level 2 Sport and Physical Activity.

The specification for the Level 3 Sport qualification will remain the same for delivery and is currently accredited for last awarding in December 2021. From September 2016 there is a new specification for the Level 3 qualification for delivery entitled Cambridge Technical Level 3 Sport and Physical Activity.

Centres are still registering candidates to deliver the 2012 Technical in Sport qualifications both at Level 2 and Level 3. Both the 2012 and 2016 Level 3 Sport qualifications are eligible for UCAS points.

## About OCR

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