

# Sports Science

Syllabus outline

For examination from 2012–2015

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Cambridge  
**Pre-U**



UNIVERSITY of CAMBRIDGE  
International Examinations

Excellence in education

Cambridge Pre-U is available in 28 subjects:

Art and Design	History
Art History	Italian*
Biology	Latin
Business and Management	Literature in English
Chemistry	Mandarin Chinese*
Classical Greek	Mathematics*
Classical Heritage	Music
Comparative Government and Politics	Philosophy and Theology
Drama and Theatre	Physics
Economics	Psychology
French*	Russian*
Further Mathematics*	Spanish*
Geography	Sports Science
German*	
Global Perspectives and Research*	

*\*a Short Course is also available.*

### Feedback from schools



- Increased focus and motivation in year 12 pupils
- Richer, more coherent educational experience
- Encourages wider reading
- More independent inquiry and learning
- Opportunity to develop and pursue own academic interests
- Greater scope for upper ability pupils to distinguish themselves
- More time and support available for lower ability pupils
- Greater maturity at examination time



## Cambridge Pre-U overview

Cambridge Pre-U is an exciting qualification for 16–19 year olds who want to go to university. It equips students with the knowledge and skills they need to make a success of their undergraduate studies:

- a solid and coherent grounding in specialist subjects at an appropriate level
- the ability to undertake independent and self-directed learning
- the ability to think laterally, critically and creatively and communicate effectively

Cambridge Pre-U Principal Subjects and Short Courses are stand-alone qualifications, recognised by universities and attracting a rewarding UCAS tariff. They are compatible with A Levels and may be taken in combination with them.

For Cambridge Pre-U Principal Subjects, students take all examination components at the end of a two-year programme of study, and we assess them at the full Cambridge Pre-U standard.

For Cambridge Pre-U Short Courses, students take all examination components at the end of a one-year programme of study. A Short Course grade does not contribute to a Principal Subject result. In this sense, a distinctive feature of Cambridge Pre-U is linearity.

### Common characteristics of Cambridge Pre-U syllabuses

- **Design:** focused on the development of high-level knowledge, understanding and skills to prepare for university and beyond, through extensive consultation with teachers, students and universities.
- **Stretch:** built into syllabus content (380 guided learning hours and challenging concepts), assessment (open-ended questions) and grading outcomes (finer differentiation at the top end).
- **Innovation:** new approaches to subjects, greater freedom in subject combination, new topics, new methods of delivery and new forms of assessment.
- **Progression in learning:** Cambridge Pre-U builds on prior knowledge gained at 14–16, where appropriate, and develops broad generic skills (independent study and research skills). Students are better prepared for undergraduate study.
- **Linearity:** assessment at the end of the course makes for greater coherence in teaching and learning.



# Cambridge Pre-U Sports Science

This syllabus examines the scientific and sociological backgrounds to modern-day sport in a manner applied to practical performance. It provides the opportunity to include up-to-date material and research across all units and to use the knowledge gained to facilitate the improvement in sport performance.

## Syllabus

### **Sport physiology:**

The anatomy and physiology of the skeletal system  
The anatomy and physiology of the muscular system  
The anatomy and physiology of the circulatory system  
The anatomy and physiology of the respiratory system  
Exercise physiology

### **Psychology of sport learning and performance:**

Defining movement skills  
Acquiring and developing movement skills  
The performance of movement skills  
Individual aspects of sport performance  
Group dynamics of sport performance  
Competition effects on sport performance  
Consequences of sport performance

### **Sociological perspectives in sport:**

Developing the 'sociological imagination'  
Sport as a social institution  
Sport and physical culture in education  
Competing values in sport

Body and identity

Sport, sub-culture and gender  
Sport, sub-culture, race and ethnicity  
Sport, sub-culture, ability and disability  
Sport, physical culture and social class  
Sport, physical culture and politics  
Sport, physical culture and mass media  
Sport, capitalism, consumerism and commercialism  
Sport, physical culture and globalisation

### **Performer in action/performance case study:**

Students will undertake either a performance in one activity and a performance portfolio or undertake a case study only. The portfolio or case study will cover the following areas:

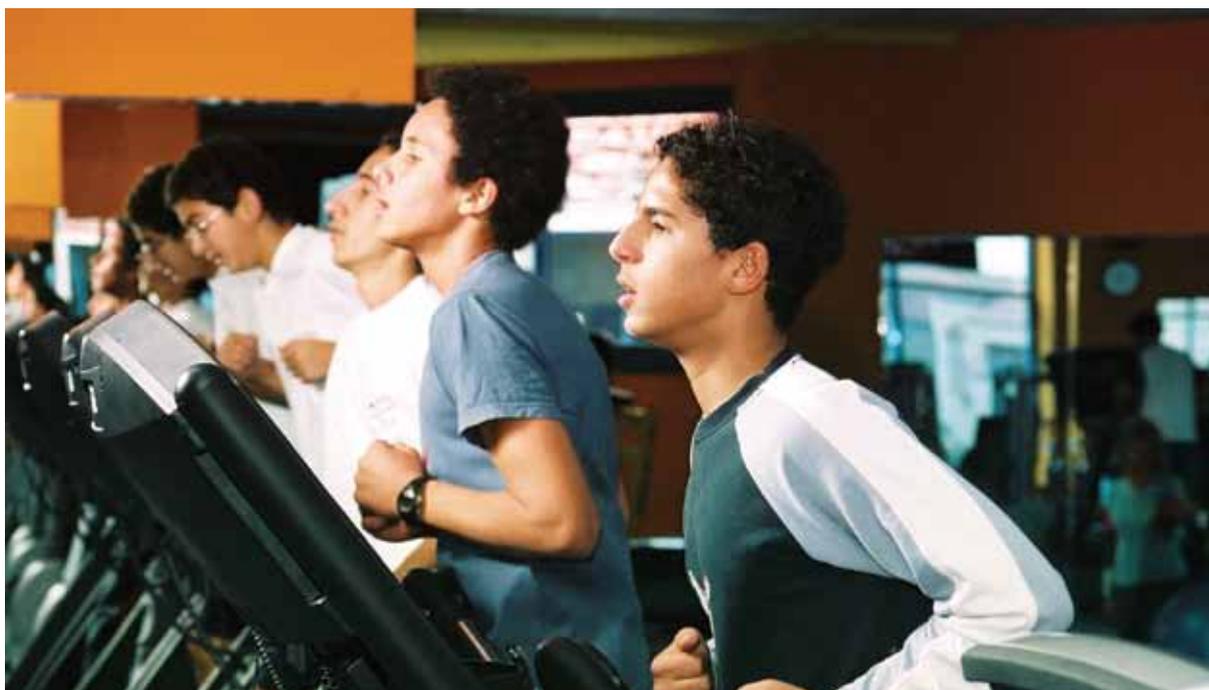
- Sport physiology
- Psychology of sport learning and performance
- Sociological perspectives in sport
- Performance analysis
- Training for improvement
- Evaluation of the study

## Scheme of assessment

Students take all four components in the same session:

Component	Component title	Duration	Weighting	Type of assessment
1	Sport physiology	2 hours	25%	Written examination, externally set and marked
2	Psychology of sport learning and performance	2 hours	25%	Written examination, externally set and marked
3	Sociological perspectives in sport	2 hours	25%	Written examination, externally set and marked
4*	Performer in action Part A: Practical Part B: Portfolio	n/a	10% 15%	Internally assessed and externally moderated
5*	Performance case study	n/a	25%	Internally assessed and externally moderated

\* Students take either component 4 or component 5



## Reporting of achievement

Achievement is reported on a scale of nine grades: Distinction 1, 2 and 3, Merit 1, 2 and 3 and Pass 1, 2 and 3. The Distinction 3 standard is aligned to that of Grade A and the Pass 3 is aligned to that of Grade E at A Level. Distinction 1 reports achievement above the new A\* grade. The intention is to differentiate more finely and extend reporting at the top end, while keeping the grading scale accessible to the full range of ability currently achieving passes at A Level.

## UCAS tariff points

The table shows the UCAS tariff awarded to each Cambridge Pre-U Principal Subject grade and how this compares with the tariff for A Level.

The tariff reflects the additional content within each syllabus and the linear assessment (terminal examinations at full Cambridge Pre-U standard).

Universities which normally ask for three A grades at A Level typically make Cambridge Pre-U offers involving a combination of Distinction 3 and Merit 1. Other offers may include asking for a Merit 2 in place of a B, Merit 3 or Pass 1 for a C, Pass 2 for a D and Pass 3 for an E.

Cambridge Pre-U band	Cambridge Pre-U grade	Cambridge Pre-U Principal Subject UCAS tariff	Equivalent A Level UCAS tariff	Short Course UCAS tariff
Distinction	D1	tbc	n/a	tbc
	D2	145	(A*) 140	tbc
	D3	130	(A) 120	60
Merit	M1	115		53
	M2	101	(B) 100	46
	M3	87		39
Pass	P1	73		32
	P2	59		26
	P3	46	(E) 40	20

Cambridge Pre-U is recognised by all UK universities and many universities abroad, including all US Ivy League universities. For more details, please go to [www.cie.org.uk/qualifications/recognition](http://www.cie.org.uk/qualifications/recognition)

## Support and resources for teachers

We offer a programme of free Cambridge Pre-U INSET training for teachers, accompanied by online support materials including syllabuses, specimen/past papers, mark schemes and example student responses.

A free Teacher Guide expands on each syllabus, to help teachers understand what students are expected to know.

It is written by a teacher for teachers and suggests for each topic:

- a checklist of what to cover with students
- resources, both paper and web based
- additional extension/'stretch and challenge' areas
- further teaching and learning opportunities

**Learn more!** For more information on Cambridge Pre-U visit [www.cie.org.uk/cambridgepreu](http://www.cie.org.uk/cambridgepreu) or contact Customer Services on +44 (0)1223 553554 or email [international@cie.org.uk](mailto:international@cie.org.uk)



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