



# Course: NCFE in Performance Studies

OCR Course Website; <https://www.qualhub.co.uk/qualification-search/qualification-detail/ncfe-level-12-technical-award-in-performance-skills-4596>

## Course Overview

Total of 4 Units;	Date of completion	Exam or Coursework
Unit 1	TAG submitted	Exam missed due to COVID
Unit 2	Sept 2021 – April 2022	Coursework

## Deadlines

For the final unit R042: Applying the principles of training

Pages 20-22 of the specification; <https://www.ocr.org.uk/Images/82412-specification.pdf>

Learning Outcome	Deadline
Learning Outcome 2: Know how training methods target different fitness components	3 <sup>rd</sup> December 2021
Learning Outcome 1: Know the principles of training in a sporting context	21 <sup>st</sup> January 2022
Learning Outcome 3: Be able to conduct fitness tests	4 <sup>th</sup> March
Learning Outcome 4: Be able to develop fitness training programmes	22 <sup>nd</sup> April

## MAD – Making a Difference session

Tues lunch time – classroom PE1

Other interventions by invite throughout the year when required for specific students

## Useful Resources

- All teaching PowerPoints will be uploaded onto the students Class Teams Page in the class materials folder
- Cambridge National Level 1/2 Sport Science Student Textbook  
Author: Ross Howitt, Mike Murray ISBN:9781510456433  
Publisher: Hodder Education Date:26 Apr 2019
- Websites;  
<https://www.brianmac.co.uk/eval.htm>  
<https://www.bbc.co.uk/bitesize/guides/z2b9q6f/revision/1>  
<https://www.s-cool.co.uk/gcse/pe/training-for-sport/revise-it/methods-of-training>  
<https://s-cool.co.uk/gcse/pe/training-for-sport/revise-it/the-principles-of-training>