



Sport Science



Knowledgeable

Employable

Skilled

Year 10

TA2- Identify the dietary requirements of various sporting activities

- Endurance/aerobic activities
- Short intense/anaerobic activities
- Strength based activities

How nutritional behaviours can be managed to improve sports performance

The effect of overeating, undereating and dehydration on sports performance

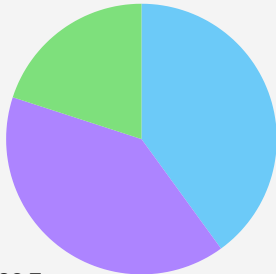
TA1: Components of fitness applied in sport

Relevance of components of fitness to different sports.
Application of components of fitness to skill performance.

TA3: Organising and planning a fitness training programme

- Factors when designing a fitness training programme
- Planning and recoding results from a training programme

R183 Coursework 20%



R181 Coursework 40%

R180 Exam 40%

Year 11

TA1- Different factors which influence the risk and severity of injury

Extrinsic and intrinsic risks of injury
Compare and contrast how different extrinsic and intrinsic factors can influence the risk and severity of injury

TA3: Different types and causes of sports injuries

- Acute and Chronic injuries
- Compare and contrast causes, symptoms and treatments of each acute injury
- Ways of reducing risk of acute injuries
- Examples of different body parts (bones/muscles/joints/tissue) that are susceptible to acute injuries

TA5- Topic Area 5: Causes, symptoms and treatment of medical conditions

R183

TA1- Nutrients needed for a healthy, balanced nutrition plan

Characteristics of a balanced nutrition plan.
The role of nutrients in sports and their sources

TA3- Developing a balanced nutrition plan for a selected sporting activity

How to design and develop a balanced nutrition plan
Key factors when considering the success / impact of a nutrition plan

R181

R183 January Coursework Submission

TA2: Principles of training in sport

Principles of training and goal setting in a sporting context
Methods of training and their benefits

TA4: Evaluate the planning and delivery of a fitness training programme

Effectiveness of a fitness training programme
Reflection of the training programme

R181 May Coursework Submission

R180

TA2- Warm up and cool down routines

- Key components of a warm up
- Physiological and psychological benefits of a warm up
- Key components of a cool down
- Physiological benefits of a cool down

Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions

Measures that can be taken before and during participation in sport or physical activity to reduce risk and severity of injury/medical conditions
Responses and treatment to injuries and medical conditions in a sporting context

R180 January Exam 1 hour and 15 mins

R181 January Coursework Submission

Golden Threads

Fundamental principles

Practical skills

Applying real-life contexts

Creative

Innovative

Analytical

Logical

Critical