

ASHTON COMMUNITY SCIENCE COLLEGE: SPORT SCIENCE CURRICULUM

Year 10						
	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Knowledge	<u>Topic:</u> <ul style="list-style-type: none"> Topic Area 1: Components of fitness applied in sport 	<u>Topic:</u> <ul style="list-style-type: none"> Topic Area 2: Principles of training in sport 	<u>Topic:</u> <ul style="list-style-type: none"> Topic Area 3: Organising and planning a fitness training programme 	<u>Topic:</u> <ul style="list-style-type: none"> Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme 	<u>Topic:</u> <ul style="list-style-type: none"> Topic Area 1: Nutrients needed for a healthy, balanced nutrition plan 	<u>Topic:</u> <ul style="list-style-type: none"> Topic Area 2: Applying differing dietary requirements to varying types of sporting activity
Skills/ application of knowledge	<ul style="list-style-type: none"> Relevance of components of fitness to different sports The definition of, and suitable fitness tests used, to measure each component of fitness Collect and interpret the results of fitness tests Application of components of fitness to skill performance 	<ul style="list-style-type: none"> Principles of training and goal setting in a sporting context Methods of training and their benefits 	<ul style="list-style-type: none"> Factors when designing a fitness training programme Planning a fitness based training programme Recording results from fitness training programme 	<ul style="list-style-type: none"> Recording results from fitness training programme Evaluating the effectiveness of a fitness training programme 	<ul style="list-style-type: none"> Characteristics of a balanced nutrition plan The role of nutrients in sports and their sources 	<ul style="list-style-type: none"> The dietary requirements of endurance/aerobic activities The dietary requirements of short intense/anaerobic activities The dietary requirements of strength based activities
Links to prior learning						
assessment	Written report Practical assessment of fitness testing	Written assessment	Written assessment	Written assessment	Written report	Written report

Year 11						
	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Knowledge	<u>Topic:</u> <ul style="list-style-type: none"> Topic Area 3: Developing a balanced nutrition plan for a selected sporting activity 	<u>Topic:</u> <ul style="list-style-type: none"> Topic Area 4: How nutritional behaviours can be managed to improve sports performance 	<u>Topic:</u> <ul style="list-style-type: none"> Topic Area 1: Different factors which influence the risk and severity of injury Topic Area 2: Warm up and cool down routines Topic Area 3: Different types and causes of sports injuries 	<u>Topic:</u> <ul style="list-style-type: none"> Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions Topic Area 5: Causes, symptoms and treatment of medical conditions 	<u>Topic:</u> <ul style="list-style-type: none"> 	<u>Topic:</u> <ul style="list-style-type: none">
Skills/ application of knowledge	<ul style="list-style-type: none"> How to design and develop a balanced nutrition plan Key factors when considering the success/ impact of a nutrition plan 	<ul style="list-style-type: none"> The effects of overeating on sports performance The effects of undereating of dehydration on performance 	<ul style="list-style-type: none"> Extrinsic factors Intrinsic Factors Key components of a warm up and cool down Benefits of a warm up and cool down 	<ul style="list-style-type: none"> Measures that can be taken before and during participation in sport or physical activity to reduce risk and severity of 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none">

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			<ul style="list-style-type: none"> ▪ Acute injuries ▪ Chronic injuries ▪ 	<ul style="list-style-type: none"> ▪ injury/medical conditions ▪ Responses and treatment to injuries and medical conditions in a sporting context ▪ Asthma ▪ Diabetes ▪ Epilepsy ▪ Sudden Cardiac Arrest ▪ Other medical conditions 	
Links to prior learning					
assessment	Written Assessment	Written Assessment	Exam in May	Exam in May	