

Queen Elizabeth High School

Year 11 Cambridge National Sport Science (OCR) – Learning Journey

EXIT ROUTE

- Enter employment within the Sports Industry – Coaching, Fitness, Personal Trainer
- Study Sport Development, Fitness, Coaching or Sports Science at college



Topic Area 4- Reducing risk, treatment and rehabilitation

Measures that can taken to reduce risk/reduce severity : Safety checks, EAP's, screening, medicals, NGB policies.

Responses and treatment: SALTAPS, DRABC, RICE, x-rays, different therapies.



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

Asthma, diabetes, epilepsy, SCA, hypothermia, heat exhaustion



Revision R180



R180 – Reducing the risk of injuries in sport exam-MAY

Topic Area 3- Different types and causes of sports injuries

-Acute injuries: Sprains, strains, skin damage, fractures, dislocations, head injuries.

-Chronic injuries: Tendonitis, shin splints, stress fractures, epicondylitis



Summer Term

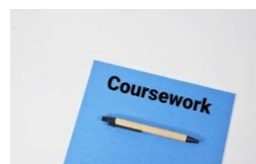
REVISION

EXAM CONTENT

Topic Area 2- Warm up and cool down routines

R182 Sent off for external moderation

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



R180 – Reducing the risk of injuries and dealing with common medical conditions

Topic Area 1 – Difference factors which influence the risk of injury

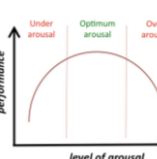
Spring Term

-Intrinsic factors: Type of activity, coaching/leading, environment, equipment, individual variables.

-Psychological factors: Motivation, arousal, anxiety, stress, aggression.

-Mental strategies: Selective attention, imagery, mental rehearsal.

-Reasons for aggression: Level of performance, retaliation, pressure to win, Ped's, official decisions.



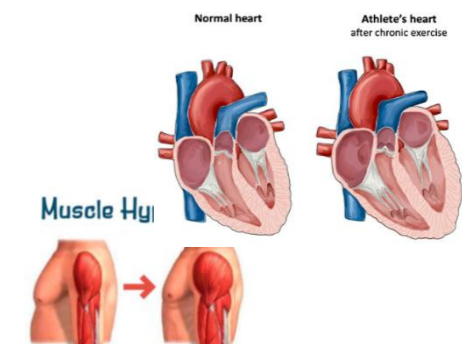
Autumn Term

R182 The body's response to physical activity and how technology informs this continued

Topic Area 4-Long term effects of exercise

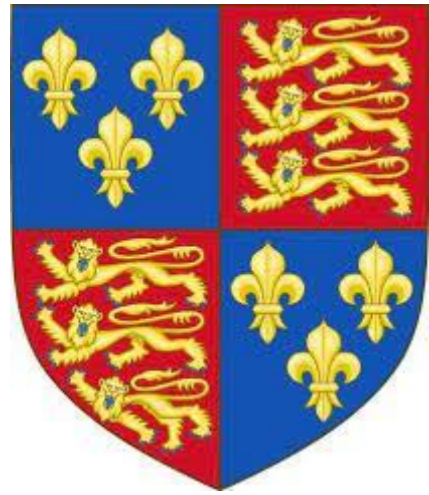
Topic Area 3 -Short term effects of exercise

-Long term effects upon the cardiovascular system, muscular system, respiratory system and skeletal system



COURSEWORK

Your CNAT Sport Science Journey continues here ...



Queen Elizabeth High School

Year 10 Cambridge National Sport Science (OCR) – Learning Journey

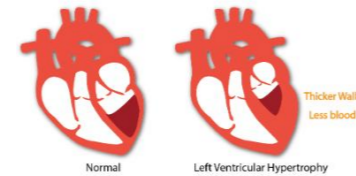
COURSEWORK

-Short term effects upon the cardiovascular system, muscular system, respiratory system and skeletal system



Topic Area 3 -Short term effects of exercise

Topic Area 2 -The Musculo-skeletal system



-Components, function and role of cardio-respiratory system during exercise
-Cardio-respiratory sports technology



-Components and role of Musculo-skeletal system in producing movement
-Musculo-skeletal sports technology

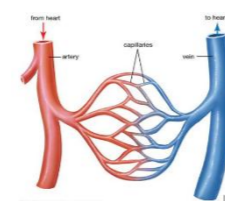


Summer Term

R182 The body's response to physical activity and how technology informs this

Topic Area 1 -The cardio-respiratory system

R181 Sent off for external moderation



COURSEWORK

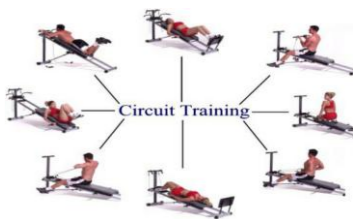
Topic Area 4- Evaluate own performance in delivering and planning a programme.

Spring Term

Topic Area 2-Principles of training in sport

Topic Area 3-Organising and planning a fitness training programme

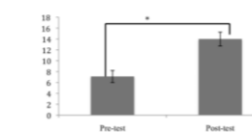
-Definition and justification of principles of training and SMART targets.
- Methods of training and the advantages and disadvantages
- Characteristics of aerobic and anaerobic exercise



-Reflection of the fitness training programme considering: goals met, training methods used and fitness components linked to skill tests
-Strengths and areas for improvement
-Suggestions for future changes



-Factors to consider when designing a programme
-Planning a programme
-Applying the principles of training
-Monitoring progress and adapting
-Recording results



Autumn Term

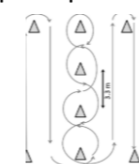
Introduction to Sport Science

What is CNat Sport Science?
Expectations of the Course

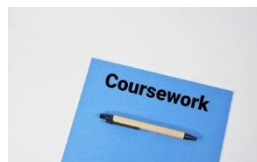
R181 Applying the principles of training

Topic Area 1 -Components of fitness applied in sport

-Relevance of components for different sports performer
-Validity, reliability and suitability
-Interpretation and collection of data
-Skill based fitness testing



R181 Sent off for external moderation



Your CNAT Sport Science Journey starts here ...