


SUBJECT: SPORTS SCIENCE

Year Group:	YEAR 11				
Rationale:	Elite sport has fully embraced sport science and considers every minute detail of an athlete's training programme, rest time, environment and psychology in the pursuit of excellence. The Cambridge Nationals in Sport Science offer learners the opportunity to study key areas of sport science including anatomy and physiology linked to fitness, health, injury and performance; the science of training and application of training principles and sports performance.				
	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1 Summer Term 2
Topic/Unit	R041: Reducing the risk of sports injuries (LO1-4)	R041: Reducing the risk of sports injuries (LO1-4)	R045: Good nutrition in sport (LO2)	R045: Plan a diet for an athlete (LO4)	
	R042: Planning and performing a fitness programme (LO4)	R043: Long term effects of exercise/training (LO4)	R045: Poor diet in sport (LO3)	SUBMISSION OF ALL INTERNALLY ASSESSED UNITS (15th May)	
Knowledge	See knowledge lists from Y10 curriculum map	See knowledge lists from Y10 curriculum map	Understand the importance of nutrition in sport	Be able to develop diet plans for performers	
	Be able to develop fitness training programmes	Be able to assess the long-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems	Know about the effects of a poor diet on sports performance and participation	R042 – LO1 to 4 R043 – LO1 to 4 R045 – LO1 to 4	
Skills	<ul style="list-style-type: none"> •REVISION TECHNIQUES •EXAM TECHNIQUES •RETRIEVAL PRACTICE INTERLEAVING AND SPACING TECHNIQUES 	<ul style="list-style-type: none"> •REVISION TECHNIQUES •EXAM TECHNIQUES •RETRIEVAL PRACTICE INTERLEAVING AND SPACING TECHNIQUES 	ACQUIRE, DEVELOP & APPLY <ul style="list-style-type: none"> •The importance of nutrition before, during and after exercise •The reasons for the varying dietary requirements of different activity types •The use of dietary supplements 	ACQUIRE, DEVELOP & APPLY <ul style="list-style-type: none"> •How to design a diet plan •How to evaluate the effectiveness of the diet plan 	
	ACQUIRE, DEVELOP & APPLY <ul style="list-style-type: none"> •Design a fitness training programme •Evaluate the effectiveness of the training programme 	ACQUIRE, DEVELOP & APPLY <ul style="list-style-type: none"> •Long-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems and reasons for these •Ways to measure and record the long-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems 	ACQUIRE, DEVELOP & APPLY <ul style="list-style-type: none"> •The definition of malnutrition •The effects of under eating on sports performance and participation •The effects of dehydration on sports performance and participation 	MODERATION SAMPLE SENT TO EXAM BOARD (OCR)	
Assessments	Written exam out of 60 marks	Written exam out of 60 marks	Centre assessed unit out of 18 marks	Centre assessed unit out of 18 marks	
	Centre assessed unit out of 20 marks	Externally Assessed January Centre assessed unit out of 15 marks	Centre assessed unit out of 15 marks	Centre assessed units out of 180 marks	