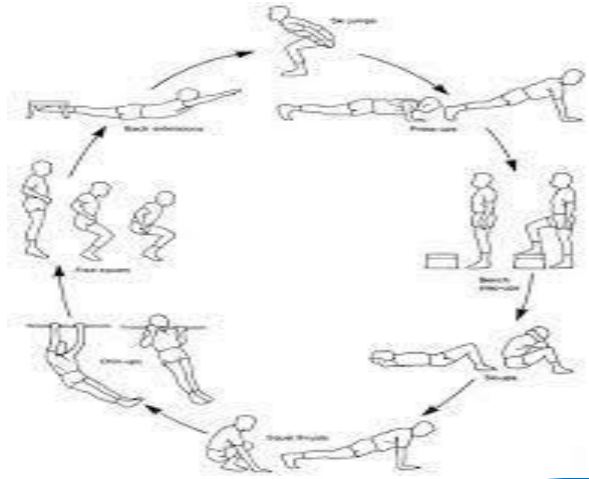


# St Peter's Catholic High School: Year 10 CNAT Sport Science (OCR) –



## Progress onto Year 11



### Topic area 2 – Components of fitness applied in Sports

- 2.1 The dietary requirements of endurance/aerobic activities
- 2.2 – The dietary requirements of short/intense/anaerobic activities
- 2.3 – The dietary requirements of strength-based activities

### Topic area 1 – Components of fitness applied in Sports

- 1.1 Characteristics of a balanced nutritional plan
- 1.2 The role of nutrients in sports and their

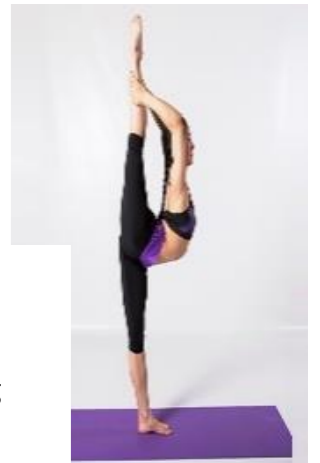


### Topic area 4 – Evaluate own performance in planning and delivery of a fitness training programme.

- 4.1 – Effectiveness of a training programme

### R183 – Nutrition & Sports performance.

- Non-examined optional component of the course – 30% weighting towards final grade.



## Summer Term

### Topic area 3 – Organising and Planning a fitness training programme

- 3.3 – Recording results from fitness training programme.

### Topic area 3 – Organising and Planning a fitness training programme

- 3.2 – Planning a fitness-based training programme.

### Topic area 3 – Organising and Planning a fitness training programme

- 3.1 – Factors when designing a fitness training programme.

## Spring Term



### Fitness Testing



### Topic area 2 – Principles of training in sport

- 2.1 – Principles of training and goal setting in a sporting context.
- 2.2 – Methods of training and their benefits.

## Autumn Term

### Introduction to Sport Science

- What is CNAT Sport Science?
- Expectations of the course



### R181 – Applying the principles of training: fitness and how it affects skill performance

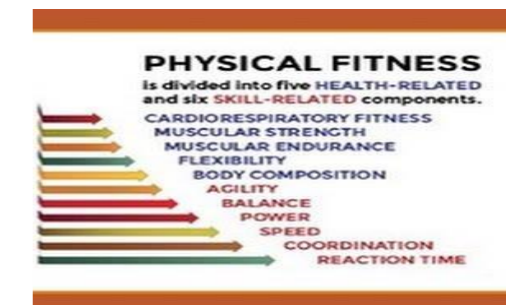
- Non-examined mandatory component of the course – 30% weighting towards final grade.

### Topic area 1 – Components of fitness applied in Sports

- 1.1 - Relevance of components of fitness in different sports
- 1.2 – Assess components of fitness

### Topic area 1 – Components of fitness applied in Sports

- 1.3 – Application of components of fitness in skills performance.



Your CNAT Sport Science Journey starts here ...

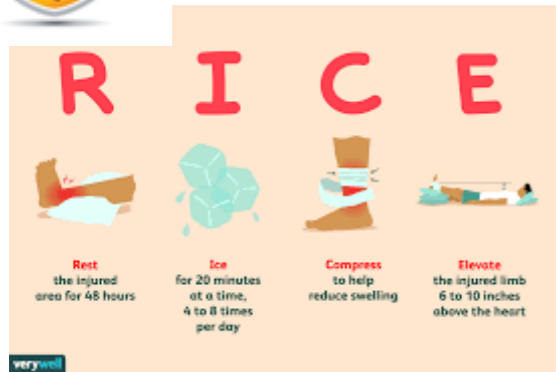
Course information

# St Peter's Catholic High School: Year 11 CNAT Sport Science (OCR) –



## Your new journey begins

- Study Sport at our local Sixth Form Colleges



## Opportunity to complete work experience before starting college

Physiotherapy PE Teacher Sports Medicine Sports Coaching

Opportunity to revise for their final R180 external exam.



### Topic Area 4 – Reducing risk, treatment and rehabilitation of sports injuries and medical conditions.

4.1 – Measures that can be taken before during participation in sport or PA to reduce risk and severity of injury/medical conditions.

### Topic Area 4 – Reducing risk, treatment and rehabilitation of sports injuries and medical conditions.

4.2 – Responses and treatment to injuries and medical conditions in a sporting context.

### Topic Area 5 – Causes, symptoms and treatment of medical conditions.

5.1 Asthma

### Topic Area 5 – Causes, symptoms and treatment of medical conditions.

- 5.2 – Diabetes
- 5.3 – Epilepsy
- 5.4 – Sudden Cardia Arrest
- 5.5 – Other Medical Conditions

### Topic Area 3 – Different types and causes of sports injuries

- 3.1 – Acute injuries
- 3.2 – Chronic injuries

### Topic Area 2 – Warm up and cool down routines

- 2.1 – Key components of a warm up
- 2.2 – Physiological and psychological benefits of a warm up
- 2.3 – Key components of a cool down
- 2.4 – Physiological benefits of a cool down

### Topic Area 1 – Different factors which influence the risk and severity of injury.

- 1.1 – Extrinsic Factors
- 1.2 – Intrinsic factors

### R180 – Applying the principles of training – Fitness and how it affects skill performance.

Examined mandatory component of the course – 40% weighting towards final grade.



Summer Term

Spring Term

Autumn Term

### Topic area 4 – How nutritional behaviours can be managed to improve sports performance

- 4.3 – The effect of dehydration on sports performance.

### Topic area 4 – How nutritional behaviours can be managed to improve sports performance

- 4.2 – The effects of undereating on sports performance

### Topic area 3 – Developing a balanced nutrition plan for a selected sporting activity

- 2.1 – How to design and develop a balanced nutrition plan.
- 3.2 – Key factors when considering the success/impact of nutrition plan.

### Topic area 4 – How nutritional behaviours can be managed to improve sports performance

- 4.1 – The effect of overeating in sports performance.



Your CNAT Sport Science Journey continues here ...