



Curriculum Summary Document

Year 10/11 - Cambridge National Sport
Science

Pride

Respect

Success

Module/Unit of Learning	Taught During	What will students learn?	How does this develop expertise and challenge students?	Links to other Subjects
R180: Reducing the risk of sports injuries and dealing with common medical conditions	Spring/Summer Term of Year 11	<p>This is assessed by an exam.</p> <p>By completing this unit you will prepare as a participant to take part in physical activity in a way which minimises the risk of injuries occurring. It will also prepare you to know how to react to common injuries that can occur during sport and physical activity, and how to recognise the symptoms of some common medical conditions.</p> <p>Topics include:</p> <ul style="list-style-type: none"> • Different factors which influence the risk and severity of injury • Warm up and cool down routines • Different types and causes of sports injuries • Reducing risk, treatment and rehabilitation of sports injuries and medical conditions • Causes, symptoms and treatment of medical conditions. 	<p>In this unit you will learn how to prepare participants to take part in sport and physical activity in a way which minimises the risk of injuries occurring; prepare them to be able to respond to common injuries that can occur during sport and physical activity and to recognise the symptoms of some common medical conditions.</p>	English Science CLASS

<p>R181: Applying the principles of training: fitness and how it affects skill performance</p>	<p>Summer Term of Year 10 and Autumn Term of Year 11</p>	<p>This is assessed by a set assignment.</p> <p>By completing this unit, you will conduct a range of fitness tests, understand what they test and their advantages and disadvantages. You will also learn how to design, plan and evaluate a fitness training programme. You will then interpret the data collected from these fitness tests and learn how best to feed this back.</p> <p>Topics include:</p> <ul style="list-style-type: none"> • Components of fitness applied in sport • Principles of training in sport Organising and planning a fitness training programme <ul style="list-style-type: none"> • Evaluate own performance in planning and delivery of a fitness training programme. 	<p>In this unit you will learn how to conduct a range of fitness tests, what they test and their advantages and disadvantages. You will also learn how to design, plan and evaluate a fitness training programme. This will give you the background knowledge you need to be able to plan and deliver appropriate fitness tests, some of which will be adapted to suit the skills of the sporting activity. You will then interpret the data collected from fitness tests and learn how best to feed this back so that participants can go on to make informed decisions about their fitness training.</p>	<p>English Science Maths CLASS</p>
---	--	--	--	---

<p>R183: Nutrition and sports performance</p>	<p>Autumn and Spring Term of Year 10</p>	<p>This is assessed by a set assignment.</p> <p>By completing this unit you will gain understanding of healthy, balanced nutrition. You will consider the necessity of certain nutrients and their role in enabling effective performance in different sporting activities. The knowledge you gain will be used to produce an appropriate, effective nutrition plan for a performer.</p> <p>Topics include:</p> <ul style="list-style-type: none"> • Nutrients needed for a healthy, balanced nutrition plan • Applying differing dietary requirements to varying types of sporting activity • Developing a balanced nutrition plan for a selected sporting activity <ul style="list-style-type: none"> • How nutritional behaviours can be managed to improve sports performance. 	<p>In this unit you will learn to consider the composition of healthy, balanced nutrition. You will consider the necessity of certain nutrients and their role in enabling effective performance in different sporting activities. The knowledge gained will be used to produce an appropriate, effective nutrition plan for a performer.</p>	<p>English Science CLASS</p>
--	--	---	---	---