

# Sport Science - Year 10 - Sept 2022

	Year 10 – Block A	Year 10 – Block B
<b>What do we teach?</b>	Specification: OCR Cambridge National Sport Science Level 1/Level 2	
	<p>Students start by focusing on unit R180: <i>Reducing the risk of sports injuries and dealing with common medical conditions</i>. Students also study alongside R180, a second unit, R181- <i>Applying the principles of training: fitness and how it affects skill performance</i>. R180 teaches students 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> <p>R181 teaches students how to conduct a range of fitness tests, what they test and their advantages and disadvantages. They will also learn how to design, plan and evaluate a fitness training programme.</p>	
<b>How does this meet the National curriculum?</b>	All learning objectives in applying principles of training and sports nutrition are met by NC point 2: Students should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle. NC point 5: evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities is developed through their own fitness levels and planning on how to improve their personal fitness in one physical activity through creating their own training plan.	
<b>Why does this knowledge matter?</b>	Knowing how to reduce the risk of injury when taking part in sport, and how to respond to injuries in a sport setting are vital skills in many roles within the sport and leisure industry. With knowledge and understanding of common medical conditions, along with the correct treatment and emergency procedures, more people can continue to participate in sporting activities in a safer environment.	This will give them the background knowledge needed to be able to plan and deliver appropriate fitness tests, some of which will be adapted to suit the skills of a sporting activity. Students get to 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 in the future.
<b>Why do we teach in this sequence?</b>	By integrating the mandatory exam unit (R180) into the mandatory NEA unit (R181) and one of the optional NEA units (R182 or R183), the students will be able to develop and apply knowledge, understanding and skills across a range of Sport Science approaches commonly used in the workplace and in higher education. This will help prepare the students for both the examined and NEA assessments.	
<b>What career links are made?</b>	Both units can assist with the majority of careers involved within Sport Science. Careers benefitting from this content include elite/ semiprofessional athlete, personal trainer / fitness instructor and sports coach. Interpersonal skills which are supported are collaboration, communication, data interpretation which all support jobs outside of sport. Reducing the risk of sports injuries and dealing with common medical conditions can assist with the first steps to gaining a First Aid qualification which is highly sought after by many employers. Vital skills are learnt in this unit that feature in roles within the sport and leisure industry, whether you are a lifeguard, a steward at a sports stadium or a personal fitness instructor. Interpersonal skills which are supported are collaboration, communication, performing under pressure, and showcasing prioritization which all support jobs outside of sport.	

	Year 11 – Block A	Year 11 – Block B
<b>What do we teach?</b>	Specification: OCR Cambridge National Sport Science Level 1/Level 2	
	R183 is the third and final unit of the course which is delivered as new content to the students. Alongside this revision of R180 in preparation for the external exam at the end of the year takes place. R183 - <i>Nutrition and sports performance</i> students are taught that in all walks of life, appropriate nutrition is vital to people’s health and wellbeing. In the world of sport, the right nutrition is as important as the right equipment and the right training methods. Without suitable nutrition, a performer’s body would not cope with the demands that sport and performance place on it. The characteristics of a balance diet, role of nutrients and their sources are taught first. This branches out to the requirements which specific activities require and how these are different based on the need of the athlete. Overeating and undereating are studied afterwards followed by the effects of hydration and dehydration on a sports person.	
<b>How does this meet the National curriculum?</b>	All learning objectives in applying principles of training and sports nutrition are met by NC point 2: Students should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle. NC point 5: evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities is developed through their own fitness levels and planning on how to improve their personal fitness in one physical activity through creating their own training plan.	
<b>Why does this knowledge matter?</b>	In this unit students learn to consider the composition of healthy, balanced nutrition. They 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. This knowledge also supports students on a personal level with their own nutritional needs.	
<b>Why do we teach in this sequence?</b>	R183 has been selected as the optional topics. This has been chosen as students study the basic nutritional requirements in Food technology in key stage 3, and therefore knowledge secured in Key Stage 3 can be built upon. The revision or R180 supports students allowing recall and integration of prior learning ahead of the external exam at the end of the academic year.	
<b>What career links are made?</b>	Nutrition and sports performance can assist with the majority of careers involved within Sports Science. Careers benefiting from this content include sports nutritionist, a sports coach / personal trainer or more widely in health care and nutrition industry such as a chef, dietician, or general physician. Interpersonal skills which are supported with this subject are high organisations, data interpretation, communication and communication skills which all support jobs outside of sport. Students gain knowledge on completing research, working with others, planning training and dietary programmes, evaluating and making recommendations to help make improvements, creating and delivering presentations, writing extended reports, leadership skills and healthy living and lifestyle skills.	