

Sport Science - Year 10

	Year 10 – Block A	Year 10 – Block B
What do we teach?	Specification: OCR Cambridge National Sport Science Level 1/Level 2	
	Students start by focusing on unit RO42: Applying principles of training. Students explore how training methods target different fitness components and students are invited to conduct fitness tests and showcase this knowledge where they develop a fitness training programme.	In Year 10 Block B, students focus on unit RO45: Sports Nutrition. Students learn about the nutrients needed for a healthy, balanced diet. They study the importance of nutrition in sport. Students learn about the effects of a poor diet on sports performance and participation and will conclude by creating nutritional plans for performers.
How does this meet the National curriculum?	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.	
Why does this knowledge matter?	In the world of sport, it is vital that coaches keep their performers in peak condition. They do this by regularly monitoring them through fitness tests and by designing bespoke training programmes to suit the type of sport, performance schedule and the individual themselves. By completing this unit, students will develop knowledge and understanding of the principles and methods of training and the application of these in the design of training programmes along with practical skills in fitness testing.	Appropriate nutrition is vital to our health and wellbeing. Without suitable nutrition, a performer's body will not be able to cope with the stresses and strains put upon it. By completing this unit, students will consider the composition of a healthy, balanced diet, also considering the necessity of certain nutrients in particular quantities and the effects of a poor diet. Students will reflect upon the role that diet plays in different sports and activities, and use the knowledge gained to produce an appropriate, effective diet plan for a sports performer.
Why do we teach in this sequence?	Students will sequentially build up their knowledge, skills and understanding between the mandatory units. RO42 allows students to understand how training methods target different fitness components which will be further applied in R043 and how developing training programmes may include consideration of nutritional requirements R045.	RO45 Sports Nutrition has been selected as one of 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.
What career links are made?	Applying principles of training 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.	Sports nutrition can assist with the majority of careers involved within Sports Science. Careers benefitting 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.

Sport Science - Year 11

	Year 11 – Block A	Year 11 – Block B
What do we teach?	Specification: OCR Cambridge National Sport Science Level 1/Level 2	
	RO41 (reducing the risk of sports injuries) is the third topic of the course. Students explore the different factors which can cause sports injuries and how to prevent them. This is followed by being able to understand how an appropriate warm up and cool down activity can support with reducing injuries.	RO43 (the body's response to physical activity) is the final unit. Students learn about the components of the musculoskeletal and cardio-respiratory systems, their functions and roles. Students continue to explore the importance of the muscular system and learn a new topic of the cardio-respiratory systems in health and fitness.
How does this meet the National curriculum?	Reducing the risk of sports injuries links to NC point 3. The body's response to exercise supports the aims of the curriculum in promoting an active, healthy lifestyle. Students should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.	
Why does this knowledge matter?	By completing this unit, students will know how to prepare participants to take part in physical activity in a way which minimizes the risk of injuries occurring, how to react to common injuries that can occur during sport and how to recognise the symptoms of some common medical conditions, providing a good foundation to undertake formal first aid training and qualifications.	It is recognised that physical activity is essential in maintaining good health. Many careers within the sport, leisure and health industries require employees to have an understanding of how the body changes and responds to physical activity. With this knowledge, it is possible to improve body systems to optimise sports performance and promote healthier lifestyles. By completing this unit, learners will understand key aspects of the structure and function of the musculoskeletal and cardio-respiratory systems and investigate some of the changes which occur to them in response to short and long-term physical activity.
Why do we teach in this sequence?	RO41 is a mandatory unit which is externally assessed in January of Year 11 and is worth 60 UMS for the final grading. Assessments are designed to require students to draw on the skills, knowledge and understand they have acquired through their studies. Students will have sequentially built up their knowledge, skills and understanding between the other mandatory unit (RO42).	RO43 is taught as the final unit of the course. This allows for close links to be made with Science, with students familiar with components of the body from their Biology units of study. This unit also requires links to be made with prior units of study- particularly those taught in RO41 – hence its position at the end of the course.
What career links are made?	Reducing the risk of sports injuries 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.	Through this unit students will gain an insight into what is required to have a career as a physician as the close links with the body's anatomy are explored, physiotherapy/sports rehabilitation, personal training/sports coaching. Interpersonal skills which are supported are communication, ICT skills such as word and excel become further developed, prioritizing tasks, data interpretation and presentational skills, which all support careers outside of sport