Cambridge National in Sport Science Learning Journey

Diabetes

Epilepsy

Revision

Sports Science PE exam

Topic area 5 – causes, symptoms and treatment of medical conditions

Responses and treatment to injuries and medical conditions

Topic area 4 – reducing risk , treatment, rehabilitation of sports injuries and medical conditions

Chronic injuries

Asthma

Measures to reduce risk of injury and medical conditions

Acute injuries

Topic area 3 – different types and causes of sports injuries

Intrinsic factors

Topic area 2 – warm up and cool down routines

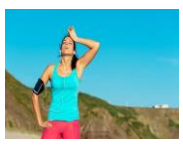
Key components of a warmup

Physiological and physiological benefits

Physiological benefits of a cool down

Topic area 1 – different factors which influence the risk and severity of injury

Extrinsic factors



Key components of a cool down

Psychological factors

Sport Science PE Year 11

TOPIC AREA 4 Coursework

Effects of underrating on sports performance

TOPIC AREA 4 – Nutritional behaviors to improve sports performance

Design / develop nutrition plan

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

TOPIC AREA 2 Coursework

Hand in – R183

Effect of dehydration on sports performance

Effect of overeating on sports performance

TOPIC AREA 3 Coursework

Requirements of strength activities

Short intense / anaerobic activities

endurance / aerobic activities

Topic area 3 Coursework

R181 topic area 4 – evaluate own performance

Effectiveness of a fitness training programme

TOPIC AREA 4 Coursework

TOPIC AREA 5 Coursework

R183 topic area 1 – nutrients needed for a healthy, balanced diet

Role of nutrients and their sources

R181 topic area 2 –dietary requirements to varying types of sporting activity

Recording results

R181 topic area 5 - review own performance in planning and delivery of a fitness training programme

Hand in – R181

Characteristics of a balanced nutrition plan

TOPIC AREA 1 Coursework

Planning a fitness based training programme

Designing a fitness training programme

R181 topic area 3 – organising and planning a fitness training programme

Principles of training and goal setting

TOPIC AREA 1 Coursework

Components of fitness to skill performance

Components of fitness to different sports

Start your Sports Science course

Sports Science PE Year 10

Topic area 2 coursework

Age	Very Poor	Poor	Fair	Good	Excellent	Superior
13–19	<25.0	25.0 – 30.9	31.0 – 34.9	35.0 – 38.9	39.0 – 41.9	>41.9
20–29	<23.6	23.6 – 28.9	29.0 – 32.9	33.0 – 36.9	37.0 – 41.0	>41.0
30–39	<22.8	22.8 – 26.9	27.0 – 31.4	31.5 – 35.6	35.7 – 40.0	>40.0
40–49	<21.0	21.0 – 24.4	24.5 – 28.9	29.0 – 32.6	32.9 – 36.9	>36.9
50–59	<20.2	20.2 – 22.7	22.8 – 26.9	27.0 – 31.4	31.5 – 35.7	>35.7
60+	<17.5	17.5 – 20.1	20.2 – 24.4	24.5 – 30.2	30.3 – 31.4	>31.4

Methods of training and their benefits

R181 topic area 2 – principles of training in sport

Assess components of fitness

R181 topic area 1 - applying the principles of training: fitness and how it affects skill performance

welcome