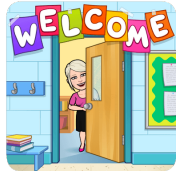


CNAT Sport Science: Year 10 SeptemberEaster

R181 Applying the principles of training, fitness and how it affects skill performance (40% of final grade)

The Journey Starts

All students to complete unit R181 by May of Year 10



Year 10

Term 1a

Intro to Sport Science

R181

Topic 1

There are 5 topics to be taught followed by an NEA assessment. You will have deadlines to meet and this work will form 40% of your final grade.

Topic 1: Fitness Testing and Skill Performance

Learn how to conduct a range of fitness tests, record and interpret results and create own tests to improve skill performance

Task 1

Topic 3: Methods of Training

Learn the principles of training and methods of training and apply them to sports performance



Assessment Task

This is internally marked, but externally moderated. The task changes each year so you need to get it right first time.

Topic 3

Term 1b

Task 2

Topic 2

Topic 2: Components of Fitness

Learn the components of fitness and apply them to performance in sport

Task 3

Term 2a



Topic 4

Create and undertake a 6 week fitness training plan. Test fitness again at the end of the 6 weeks.

Topic 4

Task 4

Term 2b

Topic 5

Task 5

Easter



Task 5

Review of fitness training program

End of R181

Your work will be assessed and a mark recorded with the exam board.



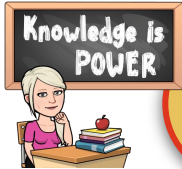
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CNAT Sport Science: Year 10 EasterSummer

The Journey Continues

You are well on the way now, have banked 1 unit. We are now starting exam content.



Term 3a

R180

Topic 1

Test

Topic 2

Test

WORK SENT OFF



External Assessment

Unit R180 is your exam unit, there are 5 topic areas and the exam will make up 40% of your final grade.

May 15th External Moderation

All work has to have been posted off to the exam board for this date. After this your marks will be confirmed.

Topic 1

Different factors that can influence the risk and severity of injuries

Topic 2

Warm up and cool down routines

Topic 3

Different types and causes of sports injuries

Term 3b



Start R182

The body's response to physical activity and how technology informs this (NEA unit). This is worth 20% of final grade.

R182

JUNE

Test

Topic 3



Topic 1

The Cardio-respiratory system, how it responds to exercise and different types of technology used to support this

Topic 1

Task 1

Topic 2

Task 2

Topic 3

Topic 4

Assessment Task

This is internally marked, but externally moderated. The task changes each year so you need to get it right first time.



END OF Y10



Topic 2

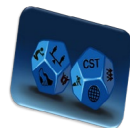
The musculoskeletal system, how it responds to exercise and different types of technology to support this

Topic 3 and 4

Can be taught together. Short and long term effects of exercise on the body systems



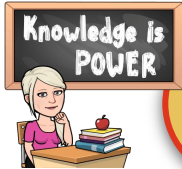
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CNAT Sport Science: Year 11 September - Summer

The Journey Continues

You are well on the way now, have banked 1 unit. We are now finishing our second NEA unit and the exam content.



Topic 4

Reducing risk, treatment and rehabilitation of injuries and medical conditions

Topic 5

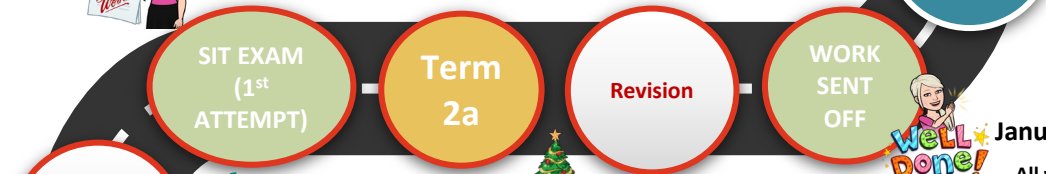
Causes, symptoms and treatment of medical conditions

Y11 Mocks

You will sit a mock just before the Christmas holidays

Assessment Task

This is internally marked, but externally moderated. The task changes each year so you need to get it right first time.



January External Moderation

All work has to have been posted off to the exam board for this date. After this your marks will be confirmed.



Terminal Assessment

If you resit the exam it is the final attempt that will count towards your grade, even if you do worse!



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