

Key Information

OCR Sport Science looks at:

Why fitness is important for sports performance. How to develop and test fitness for sports.

The components and principles of fitness.

How the body responds and adapts to exercise and how we supply our body with energy. Nutrition for sport. Planning fitness programmes for athletes.

Risks and hazards in sport. First Aid and injuries in sports.

Technology in sport. Sports Psychology.

Units:

Unit R041: Reducing the risks of injuries

Unit R042: Applying the principles of training

Unit R045: Sports Nutrition

Unit R044: Sports Psychology

To achieve a Distinction Grade, I will be able to:

- Understand different factors that influence the risk of injuries
- Understand how appropriate warm ups and cool downs routines can help prevent injuries
- Know how to respond to injuries within a sporting context
- Know how to respond to common medical conditions
- Describe the principles of training
- Describe training methods
- Describe the protocols for various fitness tests
- Develop fitness training programmes for athletes and evaluate its effectiveness
- Describe a healthy and balanced diet
- Describe the roles of different nutrients in a healthy balanced lifestyle
- Describe the importance of nutrition before, during and after exercise
- Describe the effects of a poor diet on performance
- Develop a diet plan and evaluate its effectiveness
- Describe different theories of personality
- Describe different theories of aggression
- Describe the effects of motivation on performers. The effects of anxiety and arousal

KEY CONTACT:

Mr M Phipp –
mphipp@westonfavellacademy.org

EXAM BOARD: OCR

REVISION GUIDES:

Title: Revise BTEC sport
Publisher- Pearson
ISBN- 978 1 4469 0670 5

BTEC SPORT
Pearson
ISBN- 978 1 446901 61 8

USEFUL WEBSITES:

Links to important documents on Student Common:

- I:Drive
- PE
- BTEC SPORT Y11 RESOURCES 2015
- Unit 1 and Unit 4 guides/revision packs

The Password to access these is 'copyright'