



Weston Favell Academy

OCR Sport Science

Learning Journey: Sept 2023

Study Level 3 Sport and Physical Activity at WFA

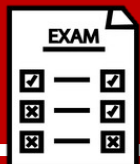
Topic Area 5: Causes, symptoms and treatments of medical conditions. TERM 4/5

Students will need to know the causes and treatments of medical conditions, including asthma, diabetes, epilepsy, cardiac arrest, hypothermia, dehydration and heat exhaustion.

Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions. TERM 4/5

Students will learn how to reduce risk of an injury and how to deal with them in a sporting situation.

Sit exam June Year 11



Topic Area 1: Different factors which influence the risk and severity of injury TERM 3

Learners will look at the intrinsic and extrinsic factors which can influence the severity of sports injuries.

Topic Area 2: Warm Up and Cool down routines TERM 3

Students must know the key elements of a warm up and cool down. Including the physiological and psychological benefits.

Topic Area 3: Different types and causes of sports injuries TERM 4

Students will be taught the various types of injury, how they are caused and the treatment for each one.

Unit R180

Reducing the risk of sports injuries and dealing with common medical conditions



R183 completed DEC Internal Verification Moderate January of Year 11

Topic Area 4: How nutritional behaviours can be managed to improve sports performance T2

Students will look at the impact of a poor diet on sports performance, including dehydration, over eating and under eating.

Topic Area 3: Developing a balanced nutrition plan for a selected sporting activity TERM 1

Students will design a diet plan to meet the goals and objectives of a selected individual, they will look at the impact of their diet on their sporting performance.



YEAR 11

Topic Area 1: Nutrients needed for a healthy, balanced nutrition plan TERM 5

The components of a healthy balanced diet will be explored, including recommended intake levels.

Topic Area 2: Applying differing dietary requirements to varying types of sporting activity TERM 6

What type of nutrition is important before, during and after exercise?
What should different sports performers eat?
How are dietary supplements used?



Unit R183

Nutrition and Sports Performance

Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme.

Students will evaluate the effectiveness of the programme in relation to meeting the needs of the performer, identifying strengths, weaknesses and areas to improve.

Topic Area 3: Organising and planning a fitness training programme.

Students will design a safe and effective training programme linked to the needs of the performer.



R181 completed May MODERATION OF COURSEWORK IN MAY OF YEAR 10 TERMS 1 - 4



Topic Area 2: Principles of Training

In this task you will describe the principles of training, including SPOR, FITT, SMART. You will also look at a variety of training methods, including aerobic and anaerobic exercise.



Topic Area 1: Components of fitness applied in sport

You will look at which fitness tests are carried out to measure the components of fitness. Including completing the tests and analysing your results. Students will also describe and demonstrate skills linked to components of fitness.

Unit R181

Applying Principles of training: fitness and how it affects skill performance

YEAR 10

START

Your Journey into SPORT SCIENCE Starts here

