

Sport Science

Key Contacts:

Mr M Phipp - mphipp@westonfavellacademy.org

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

- Understand different factors that influence the risk of injuries
- Understand how appropriate warmups 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.

Useful Information:

Exam board: OCR

Revision Texts:

Title: Revise BTEC sport

Publisher- Pearson

ISBN- 978 1 4469 0670 5

Websites:

- Teach PE.com
- Brianmac.co.uk
- Topendsports
- BBC Bitesize / GCSE PE

Top Tips

- Practice past papers
- Recap key terminology
- Visit our suggested websites
- Take regular breaks
- Attend after school revision sessions

Units:

Unit R041: Reducing the risks of injuries

Unit R042: Applying the principles of training

Unit R043: Anatomy & Physiology and sport

Unit R045: Sports Nutrition

Unit R044: Sports Psychology