

Year 11 Cambridge National Sport Science							
Unit	Core		Hinterland		Justification	Assessment	Whole Education Opportunities
	Knowledge	Skills	Knowledge	Skills			
R182- The Body response to physical activity and how technology informs this	<p>TA3: Short term effect of exercise on the cardio-respiratory system and musculo-skeletal system.</p> <p>TA4: Long-term effects of exercise on the cardio-respiratory system and musculo-systems.</p>	<p>LO4: Be able to develop diet plans for performer</p> <ul style="list-style-type: none"> How to design a diet plan How to evaluate the effectiveness of the plan 	<ul style="list-style-type: none"> Make connections to other units to support learning Relate to the wider context How to write effectively 	<ul style="list-style-type: none"> work collaboratively with others interpersonal skills such as resilience Conducting a risk assessment 	<p>This is an optional unit for the new Cambridge National in Sport Science. It has been selected as there are clear links into KS5 (A-level PE and CamTec Sport and PA) as it links to Unit 1, 5, 13 and 8)</p>	<p>This unit is assessed via coursework set by the exam board in June.</p> <p>The assessment is split into 3 tasks:</p> <ul style="list-style-type: none"> Short term effects Long term effects Different technology available. <p>Overall this unit contributes 20% to the qualification</p> <p>The first half of the unit will be delivered and assessed in year 10. The final part of the assessment will be conducted in year 11</p>	<ul style="list-style-type: none"> Careers in sport- physiotherapist, performance analyst, Biomechanist Cross curricular links with psychology, Biology, ITC, technology and maths <p>Oracy- Discussing key aspects of the specification and linking to other LO's</p>
R180- Reducing the risk of sports injuries and dealing with common medical conditions.	<p>TA1: Different factors which influence the risk and severity of injury</p> <ul style="list-style-type: none"> Extrinsic factors Intrinsic factors Psychological factors <p>TA2: Warm up and cool down routines</p> <ul style="list-style-type: none"> Key components of a warm up and cool down Physiological and psychological benefits of a warm up and cool down <p>TA3: Different types and causes of sporting injuries:</p> <ul style="list-style-type: none"> Acute injuries Chronic injuries <p>TA4: Reducing risk, treatment and rehabilitation of sporting injuries and medical conditions.</p> <ul style="list-style-type: none"> Measures that can be taken before and during participation in sport or physical activity to reduce risk. Responses and treatment to injuries and medical conditions in a sporting context <p>TA5: Causes, symptoms and treatment of medical conditions:</p> <ul style="list-style-type: none"> Asthma Diabetes Epilepsy Sudden cardiac arrest Other medical conditions (Hypothermia, heat exhaustion and dehydration) 	<p>Range of exam command words</p> <p>-Conduct a warm up and cool down showing the correct procedure</p> <p>Create a risk assessment and remove potential hazards</p> <p>Create an emergency action plan</p> <p>Response and treatments to injuries and medical conditions</p> <p>First aid procedure</p>	<p>Linking to R182- Injuries to specific muscles, bones and connective tissue.</p> <p>Linking the theory to real life sporting examples</p> <p>Psychological concepts</p> <p>Linking the concepts with in the topic areas as highlighted in the specification</p>	<ul style="list-style-type: none"> 	<p>This is a compulsory unit for the new Cambridge National in Sport Science.</p> <p>This unit contributes 40% towards the overall grade.</p>	<p>This unit is assessed via an external examination (marked by OCR). There are assessment opportunities in January and June however due to the new terminal rule, the exam must be the last assessment.</p>	<ul style="list-style-type: none"> Cross curricular links with: Biology, catering, Psychology, Key stage 3 and 4 PE, Linking with literacy skills and they will need to complete the examination SMSC- Treating injuries, aggression and control, Clear careers links- coaching, leading, physio, other medical professionals, emergency care.

