

CURRICULUM OVERVIEW 2019-2020

SUBJECT: Cambridge National Certificate SPORTS SCIENCE (Year 11)

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	THE BIG QUESTIONS	THE BIG QUESTIONS	THE BIG QUESTIONS	THE BIG QUESTIONS	THE BIG QUESTIONS	THE BIG QUESTIONS
YEAR 11 (2019-20)	<p>R043: The body's response to physical activity</p> <p>What are the key components of the musculo-skeletal and cardio-respiratory systems, their functions and roles?</p> <p>What is the importance of the musculo-skeletal and cardio-respiratory systems in health and fitness?</p>	<p>R043: The body's response to physical activity</p> <p>How are the short-term and long-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems assessed?</p>	<p>R045: Sports nutrition</p> <p>What are the nutrients needed for a healthy, balanced diet? What are the sources of these nutrients?</p> <p>Why is nutrition in sport important, including before, during and after exercise?</p>	<p>R045: Sports nutrition</p> <p>What are the effects of a poor diet on sports performance and participation?</p>	<p>R045: Sports nutrition</p> <p>How can diet plans be developed for different sports performers?</p>	

CURRICULUM OVERVIEW 2019-2020

SUBJECT: Cambridge National Certificate SPORTS SCIENCE (Year 10)

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	THE BIG QUESTIONS	THE BIG QUESTIONS	THE BIG QUESTIONS	THE BIG QUESTIONS	THE BIG QUESTIONS	THE BIG QUESTIONS
YEAR 10 (2019-20)	R041: Reducing the risk of sports injuries What is the difference between acute and chronic injuries? What are the types, causes and treatment methods for common sporting injuries?	R041: Reducing the risk of sports injuries What are emergency action plans? How are these followed in sporting situations? What are the key responses to common medical conditions? How do you treat these conditions?	R043: The body's response to physical activity What are the key components of the musculo-skeletal and cardio-respiratory systems, their functions and roles?	R043: The body's response to physical activity What is the importance of the musculo-skeletal and cardio-respiratory systems in health and fitness?	R043: The body's response to physical activity How are the short-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems assessed?	R043: The body's response to physical activity How are long-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems assessed?
YEAR 11 (2020-21)	R045: Sports nutrition What are the nutrients needed for a healthy, balanced diet? What are the sources of these nutrients?	R045: Sports nutrition Why is nutrition in sport important, including before, during and after exercise?	R045: Sports nutrition What are the effects of a poor diet on sports performance and participation?	R045: Sports nutrition How can diet plans be developed for different sports performers?	R045: Sports nutrition Why is it important to evaluate the effectiveness of a diet plan?	

CURRICULUM OVERVIEW 2019-2020

SUBJECT: Cambridge National Certificate SPORTS SCIENCE (Year 9)

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	THE BIG QUESTIONS	THE BIG QUESTIONS	THE BIG QUESTIONS	THE BIG QUESTIONS	THE BIG QUESTIONS	THE BIG QUESTIONS
YEAR 9 (2019-20)	R042: Applying principles of training What are the principles of training and how can they be applied into different sporting situations?	R042: Applying principles of training What is the difference between aerobic and anaerobic exercise? What are the key fitness components?	R042: Applying principles of training How can different training methods improve performance in each fitness component?	R042: Applying principles of training How is each fitness component assessed? What procedures must be followed to ensure results are valid and reliable? How are fitness test results interpreted?	R042: Applying principles of training How is a fitness training programme designed?	R042: Applying principles of training How is a fitness training programme evaluated to assess its effectiveness?

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	THE BIG QUESTIONS	THE BIG QUESTIONS	THE BIG QUESTIONS	THE BIG QUESTIONS	THE BIG QUESTIONS	THE BIG QUESTIONS
YEAR 10 (2020-21)	<p>R041: Reducing the risk of sports injuries</p> <p>What are the different intrinsic and extrinsic factors which can influence the risk of injury?</p> <p>What are the causes of poor posture? What are the sports injuries related to poor posture?</p>	<p>R041: Reducing the risk of sports injuries</p> <p>How can appropriate warm up and cool down routines help to prevent injury?</p>	<p>R041: Reducing the risk of sports injuries</p> <p>What is the difference between acute and chronic injuries?</p> <p>What are the types, causes and treatment methods for common sporting injuries?</p>	<p>R041: Reducing the risk of sports injuries</p> <p>What are emergency action plans? How are these followed in sporting situations?</p> <p>What are the key responses to common medical conditions? How do you treat these conditions?</p>	<p>R043: The body's response to physical activity</p> <p>What are the key components of the musculo-skeletal and cardio-respiratory systems, their functions and roles?</p>	<p>R043: The body's response to physical activity</p> <p>What is the importance of the musculo-skeletal and cardio-respiratory systems in health and fitness?</p>
YEAR 11 (2021-22)	<p>R043: The body's response to physical activity</p> <p>How are the short-term and long-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems assessed?</p>	<p>R045: Sports nutrition</p> <p>What are the nutrients needed for a healthy, balanced diet? What are the sources of these nutrients?</p>	<p>R045: Sports nutrition</p> <p>Why is nutrition in sport important, including before, during and after exercise?</p>	<p>R045: Sports nutrition</p> <p>What are the effects of a poor diet on sports performance and participation?</p> <p>How can diet plans be developed for different sports performers?</p>	<p>R045: Sports nutrition</p> <p>Why is it important to evaluate the effectiveness of a diet plan?</p>	