



Year 10 CNAT Sport Science (OCR) – Learning Journey

Progress onto Year 11



TA1 – The cardio-respiratory system and how the use of technology supports different types of sports and their intensities

Components, function and role of cardio-respiratory system during exercise, Cardio-respiratory sports technology,



R182 - The body's response to physical activity and how technology informs this Coursework based unit (4 topic Areas, 60 marks) - The cardio-respiratory system and how the use of technology supports different types of sports and their intensities, : The musculo-skeletal system and how the use of technology supports different types of sports and their movements, Short-term effects of exercise on the cardio-respiratory and musculo-skeletal systems, Long-term effects of exercise on the cardio-respiratory and musculo-skeletal systems

Autumn Term

BACK TO SCHOOL



Introduction to Sport Science

What is CNAT Sport Science?
Expectations of the course
Overview of what's ahead

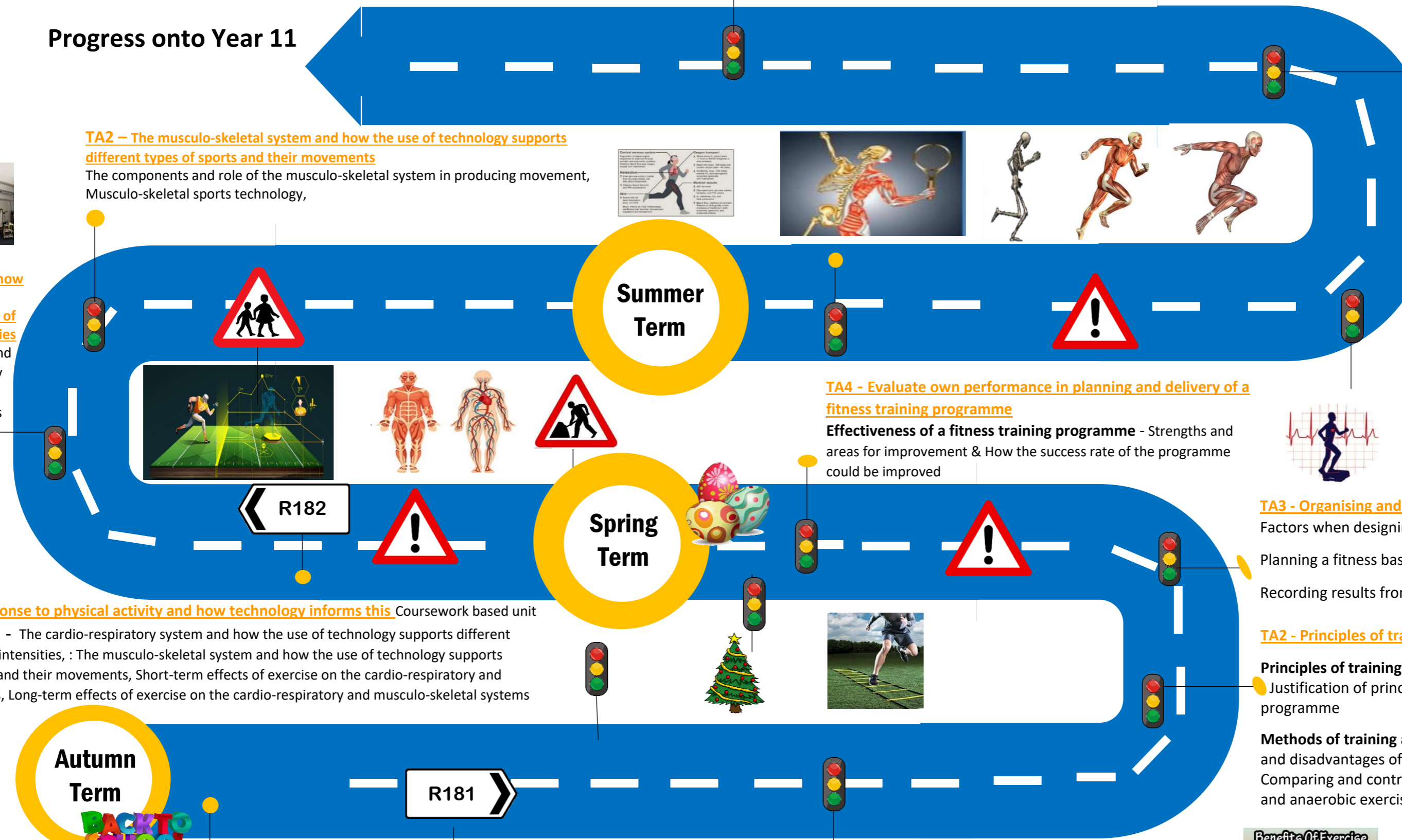
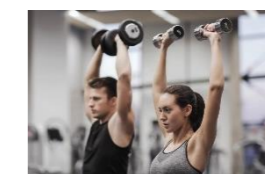


R181: Applying the principles of training: fitness and how it affects skill performance

- Coursework based unit (4 Topic Areas, 60 marks)
Applying principles of training to fitness & skill, Principles of training, Planning a fitness programme, Evaluating performance

TA1 - Components of fitness applied in sport

Relevance of components of fitness to different sports
Assess components of fitness
Application of components of fitness to skill performance



TA4 - Long-term effects of exercise on the cardio-respiratory and musculoskeletal systems

The long-term effects of exercise on the cardio-respiratory and musculo-skeletal systems - What adaptations could occur, Comparisons of different intensities and performance duration for performers and discuss benefits and drawbacks



TA3 – Short-term effects of exercise on the cardio-respiratory and musculo-skeletal systems

The different short-term effects of exercise on the cardio-respiratory and musculo-skeletal systems - What responses will occur because of short-term exercise, such as the varying intensities of each stage of a warm up and why these responses will happen • How this can be a benefit to the sports performer

TA4 - Evaluate own performance in planning and delivery of a fitness training programme

Effectiveness of a fitness training programme - Strengths and areas for improvement & How the success rate of the programme could be improved



TA3 - Organising and planning a fitness training programme

Factors when designing a fitness training programme
Planning a fitness based training programme
Recording results from fitness training programme

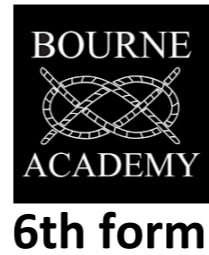
TA2 - Principles of training in sport

Principles of training and goal setting in a sporting context
Justification of principles and goal setting within training programme
Methods of training and their benefits - The advantages and disadvantages of each method for sporting activities & Comparing and contrasting the differences between aerobic and anaerobic exercise

Your CNAT Sport Science Journey starts here ...



Year 11 CNAT Sport Science (OCR) – Learning Journey



- **Cambridge Technical Level 3 Extended Certificate in Sport and Physical Activity (OCR)**
- Equivalent to 1 A Level (2 Year course)
- **Entry requirements** - GCSE Grade 4 or CNAT/BTEC Level 2 Pass. GCSE Grade 4 in Combined Science Trilogy, or Biology, Chemistry or Physics
- **Course description** - This qualification aims to develop students' knowledge, understanding and skills of the principles of Sport and Physical Activity. Students will gain an insight into the sector as they investigate opportunities for delivering sport and physical activity to a wide range of participants, whether it is to mobilise sedentary people to improve their health and wellbeing or to support regular participants to improve their performance and fitness.

New journey begins

6th form/College



TA5 - Causes, symptoms and treatment of medical conditions
 Asthma, Diabetes, Epilepsy, Sudden Cardiac Arrest (SCA), Other medical conditions



R180 – ACTUAL EXAM

- **MAY**
- Exam crammer and briefing
- Home revision
- 1 hour (60 marks)



Year 11 GCSE EXAMS

FINAL COURSEWORK MODERATION WINDOW (Early May)

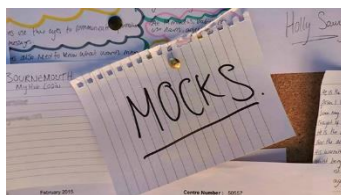
Summer Term

TA4 - Reducing risk, treatment and rehabilitation of sports injuries and medical conditions

Measures that can be taken before and during participation in sport or physical activity to reduce risk and severity of injury/medical conditions, Responses and treatment to injuries and medical conditions within sport

CNAT Sport PPE/Mock exam

- Revision lessons
- Home revision
- 8 mark question practice
- 1 hour (60 marks)



TA3 - Different types and causes of sports injuries

Acute injuries, Compare and contrast causes, symptoms and treatments of each acute injury • Ways of reducing risk of acute injuries, Examples of different body parts that are susceptible to acute injuries

Chronic injuries, Compare and contrast causes, symptoms and treatment of each named chronic injury. • Ways of reducing risk of chronic injuries



Spring Term

YEAR 11 PARENTS EVENING

TA2 – Warm up and cool down routines

Key components of a warm up, Physiological and psychological benefits of a warm up

Key components of a cool down, Physiological benefits of a cool down



EASY DOES IT
To minimize risk of overuse injury and burnout, experts say hours per week spent on a sport shouldn't exceed the age of the athlete.

Agnes 2 to 8 Children may have difficulty catching, throwing, and hitting because the brain's vision centers aren't fully developed. T-ball makes a good entry sport and free play can help develop fundamental skills of hopping, skipping and jumping.

Agnes 9 to 10 This is a time of significant development of visual and balance skills. Most activities at basic levels are good, such as swimming and soccer.

Agnes 10 to 12 Visual judgment, ball sense and strength improve. Children can better play sports requiring memory strategies and rapid decision making, such as football.

Puberty 11 to 15, depending on gender Rapid physical growth may bring a temporary decline in balance skills and body control, and improved performance in aerobic sports activities.

Mid to late teens Endurance conditioning and strength training can improve aerobic and strength performance, but heavy weights should be avoided until the skeleton fully matures.

Autumn Term



Your CNAT Sport Science continues here ...



Recap work completed so far

- Where did we finish in Year 10
- What do we have left to complete
- Go through trackers
- Discuss progress towards targets

R180 Reducing the risk of sports injuries and dealing with common medical conditions

This is assessed by an exam Topics include: Different factors which influence the risk and severity of injury, Warm up and cool down routines, Different types and causes of sports injuries, Reducing risk, treatment and rehabilitation of sports injuries and medical conditions, Causes, symptoms and treatment of medical conditions.



TA1: Different factors which influence the risk and severity of injury

Extrinsic factors, Compare and contrast how different extrinsic factors can influence the risk and severity of injury

Intrinsic factors, Compare and contrast how different intrinsic factors can influence the risk and severity of injury