

OCR Sports Science

| | Term 1 | Term 2 | Term 3 |
|----------------|---|--|---|
| Year 11 | <ul style="list-style-type: none"> • Know how technology is used in sport • Understand the positive effects of sports technology • Understand the negative effects of sports technology • Be able to evaluate the impact of technology in sport | <ul style="list-style-type: none"> • Reducing the risk of sports injuries • Applying the principles of training • Sports Nutrition • Technology in Sport | <ul style="list-style-type: none"> • Applying the principles of training • Sports Nutrition • Technology in Sport |
| Year 10 | <ul style="list-style-type: none"> • Know the principles of training in a sporting context • Know how training methods target different fitness components • Understand different factors which influence the risk of injury • Be able to conduct fitness tests • Be able to develop fitness training programmes • Understand how appropriate warm up and cool down routines can help to prevent injury | <ul style="list-style-type: none"> • Know about the nutrients needed for a healthy, balanced diet • Understand the importance of nutrition in sport • Know how to respond to injuries within a sporting context • Know how to respond to common medical conditions • Understand different factors which influence the risk of injury • Understand how appropriate warm up and cool down routines can help to prevent injury • Know how to respond to injuries within a sporting context • Know how to respond to common medical conditions | <ul style="list-style-type: none"> • Know about the effects of a poor diet on sports performance and participation • Be able to develop diet plans for performers |