

Brief overview

Year 11 Sport Science students will start and complete unit R183, titled Nutrition and Sports Performance. Broken down into four different topic areas, students will explore how nutrition can be just as important as equipment or training for performers. Knowledge gained from considering the role and necessity of nutrients will then enable students to produce an effective nutrition plan for a sports performer. Students will also re-visit R180 (exam unit), titled Reducing the Risk of Sports Injuries and Dealing with Common Medical Conditions. There are five topic areas in this unit which will prepare students for their final exam in the summer term.

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit title	<b>R180 – Reducing the risk of sports injuries and dealing with common medical conditions</b> Topic Area 5: Causes, symptoms and treatment of medical conditions	<b>R183 – Nutrition and sports performance</b> Topic Area 1: Nutrients needed for a healthy, balanced nutrition plan Topic Area 2: Applying differing dietary requirements to varying types of sporting activity	<b>R183 – Nutrition and sports performance</b> Topic Area 3: Developing a balanced nutrition plan for a selected sporting activity Topic Area 4: How nutritional behaviours can be managed to improve sports performance	<b>R180 – final exam preparation and revision for all topic areas</b>	<b>R180 – final exam preparation and revision for all topic areas</b>	
Big question/ core concept	<ul style="list-style-type: none"> <li>How different medical conditions demand different treatment methods</li> </ul>	<ul style="list-style-type: none"> <li>How can our diets impact on sporting performance?</li> <li>Tailoring of dietary intake to suit different sporting activities</li> </ul>	<ul style="list-style-type: none"> <li>Consideration of individual needs in order to create nutrition plans</li> <li>Weight management</li> </ul>	<ul style="list-style-type: none"> <li>How do I revise effectively?</li> <li>Self-assessment of all topic areas within R180</li> </ul>	<ul style="list-style-type: none"> <li>How do I revise effectively?</li> <li>Self-assessment of all topic areas within R180</li> </ul>	
Knowing	<ul style="list-style-type: none"> <li>Causes, symptoms and treatment of asthma</li> <li>Causes, symptoms and treatment of type I and type II diabetes</li> <li>Blood sugar levels</li> <li>Causes, symptoms and treatment of epilepsy</li> <li>Causes, symptoms and treatment of sudden cardiac arrest (SCA)</li> <li>Causes, symptoms and treatment of hypothermia</li> <li>Causes, symptoms and treatment of heat exhaustion</li> <li>Causes, symptoms and treatment of dehydration</li> </ul>	<ul style="list-style-type: none"> <li>Characteristics of a balanced nutrition plan</li> <li>The role of nutrients in sports and their sources</li> <li>Dietary requirements of aerobic activities</li> <li>Dietary requirements of anaerobic activities</li> <li>Dietary requirements of strength based activities</li> </ul>	<ul style="list-style-type: none"> <li>How to design and develop a balanced nutrition plan</li> <li>Key factors when considering the success/impact of a nutrition plan</li> <li>The effects of overeating on sports performance</li> <li>The effects of undereating on sports performance</li> </ul>	<ul style="list-style-type: none"> <li>Which topics to target based on previous assessments</li> <li>Re-call of key information across Topic Areas 1, 2 and 3</li> <li>How to access all levels within an extended answer question</li> </ul>	<ul style="list-style-type: none"> <li>Which topics to target based on previous assessments</li> <li>Re-call of key information across Topic Areas 4 and 5</li> <li>How to access all levels within an extended answer question</li> </ul>	
Applying	<ul style="list-style-type: none"> <li>Recall and apply knowledge regarding wider Sport Science concepts</li> <li>Apply relevant knowledge of physical and psychological factors that affect sporting performance</li> <li>Evaluate factors that impact on performance</li> </ul>	<ul style="list-style-type: none"> <li>Present information accurately within extended pieces of NEA</li> <li>Apply relevant knowledge of physical and psychological factors that affect sporting performance</li> <li>Evaluate factors that impact on performance</li> <li>Make judgments and form conclusions to material presented</li> </ul>	<ul style="list-style-type: none"> <li>Present information accurately within extended pieces of NEA</li> <li>Apply relevant knowledge of physical and psychological factors that affect sporting performance</li> <li>Evaluate factors that impact on performance</li> <li>Make judgments and form conclusions to material presented</li> </ul>	<ul style="list-style-type: none"> <li>Recall and apply knowledge regarding wider Sport Science concepts</li> <li>Apply relevant knowledge of physical and psychological factors that affect sporting performance</li> <li>Evaluate factors that impact on performance</li> </ul>	<ul style="list-style-type: none"> <li>Recall and apply knowledge regarding wider Sport Science concepts</li> <li>Apply relevant knowledge of physical and psychological factors that affect sporting performance</li> <li>Evaluate factors that impact on performance</li> </ul>	
Assessment	<b>R180 (written exam; 40% of overall grade):</b> end of topic area tests and formative assessment via tasks in all lessons.	<b>Sport Science Mock Exam (R180)</b> <b>R183 (NEA assignment-based; 20% of overall grade):</b> marked out of 40 and externally moderated by OCR	<b>R183 (NEA assignment-based; 20% of overall grade):</b> marked out of 40 and externally moderated by OCR	<b>Sport Science Mock Exam 2 (R180)</b> <b>Final Sport Science dates:</b> <b>R181:</b> NEA final submission TBC <b>R183:</b> NEA final submission TBC	<b>Final Sport Science exam date:</b> <b>R180:</b> TBC	