

Curriculum information for Sports Science Year 10 and Year 11

Which exam board and course are used?	OCR - Cambridge National Sport Science (J828)
What curriculum topics are being covered this year?	<p>Year 10:</p> <ul style="list-style-type: none"> • Fitness and training coursework (TA1-4) • Nutrition coursework (TA1-2) – complete in Y11 <p>Year 11:</p> <ul style="list-style-type: none"> • Nutrition coursework (TA3-4) • Injuries exam (TA1-5)
How many exams have students got and what is covered in each one?	<p>June Year 11 Injury exam</p> <p>Section A – 25 marks (multiple choice & short answer)</p> <p>Section B – 45 marks (short & medium answer questions – scenario based)</p> <ul style="list-style-type: none"> ▪ 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
What should students be focusing on?	<p>Coursework – 60% of course:</p> <ul style="list-style-type: none"> ▪ Applying the theory of fitness (40%) and nutrition (20%) to practical sporting examples. ▪ Thinking about how to improve performance by utilising the theories behind fitness and nutrition <p>Injury exam – 40% of course:</p> <ul style="list-style-type: none"> ▪ Understand how extrinsic and intrinsic factors can increase risk of injury. ▪ Identify, explain and apply treatments to common sporting injuries. ▪ Understand how a warm-up and cool-down can help prevent injury. ▪ Understand the symptoms of, and treatments for common medical conditions.
What is the best way for parents to support students in this subject?	<ul style="list-style-type: none"> ▪ Encourage your child to do independent research to apply their knowledge of fitness and training and nutrition to sporting examples to improve their coursework. ▪ Pupils will be shown how to use Microsoft OneDrive (cloud-based) but can alternatively use a memory stick or Google Drive to save their work and may need support accessing these at home. ▪ Where possible, support your child with using Microsoft Word and/or Microsoft PowerPoint. ▪ Ensure your child meets deadlines (R181 final draft – Spring term of 10, there will be interim deadlines for smaller sections). ▪ Encourage your child to seek support and/or attend catch-up sessions when needed. ▪ Contact us if you have any concerns / queries.
What websites and resources would be helpful? What wider reading would be helpful?	<ul style="list-style-type: none"> ▪ Teaching slides are always available and signposted in lessons. Students will be given a printed copy of these to support completion of their coursework projects. ▪ Students should regularly use the student checklists for each of the coursework units to ensure they have included everything.

<p>Where can I get resources?</p>	<ul style="list-style-type: none"> ▪ Students will be provided with exam unit revision resources and exam questions. ▪ Students should be actively interested in sport, developing a greater breadth and depth of understanding to enhance their work.
<p>Have previous students got any tips or advice for this subject?</p>	<ul style="list-style-type: none"> • Stay as organised as possible. • Work hard every lesson. • Go to catch-up session if you need support or are falling behind. • Use practical sporting examples. • Use the internet to find case studies from specific athletes.