

Cambridge National: Sports Science

Team Byrchall - Sport for Life

- Promoting and celebrating success
- Encouraging all to lead a healthy, active lifestyle
- Giving any ability the chance to participate and engage
- Motivating all members of the school community
- Helping talented performers further develop
- Developing fair play and sportsmanship in students

'Team Byrchall – Sport for Life' encourages lifelong participation in sporting activity. The Team Byrchall ethos helps students to build confidence and security in PE, which in turn impacts on the high volume of students who are involved in extra-curricular activities both in and out of school.

Physical

- To promote an appreciation of physical movement through observation and analysis.
- To develop the student's ability to plan and compose movement sequences in a wide variety of activities.
- To develop the capacity to create and express ideas through the media of planning, performing and evaluating movement.
- To utilise modern technology to analyse physical performance and movement.
- To encourage the appreciation of and the ability to monitor physical fitness.
- To encourage students to remember, adapt and apply knowledge, skills and concepts in a variety of movement related activities.
- To promote the development of movement coordination, confidence and the acquisition of a range of motor skills.

Personal

- To allow for students to work cooperatively and develop interpersonal and communication skills.
- To encourage responsible attitudes towards safety and develop a working knowledge of safe practice in all activities.
- To educate students with regard to health, hygiene and fitness. To give students the opportunity to discover and to use appropriately the facilities available locally.
- To develop a healthy attitude towards competition.
- To provide through all activities the highest form of enjoyment.

Unit	Duration (lessons - GLH)	Learning Objectives/Outcomes
Sport Science Unit R183: Nutrition and Sports Performance	24	<p>Topic Area 1: Nutrients needed for a healthy, balanced nutrition plan</p> <ul style="list-style-type: none"> • Characteristic of a balanced nutrition plan • The role of nutrients in sports and their sources <p>Topic Area 2: Applying differing dietary requirements to varying types of sporting activity</p> <ul style="list-style-type: none"> • The dietary requirements of endurance/aerobic activities • Before, during and after endurance/aerobic activities • The dietary requirements of short intense/ anaerobic activities • Before, during and after short/intense activities • The dietary requirements of strength-based activities • Before, during and after strength-based activities <p>Topic Area 3: Developing a balanced nutrition plan for a selected sporting activity</p> <ul style="list-style-type: none"> • How to design and develop a balanced nutrition plan • Gather details about a current nutritional plan and any issues that might impact the design of the future nutrition plans • Adapt the nutrition plan to suit a chosen activity • Key Factors when considering the success/ impact of a nutrition plan • Identify the nutritional changes that can be made • Suitability and organization of a nutrition plan • Review the potential success/impact of a nutrition plan <p>Topic Area 4: How nutritional behaviors can be managed to improve sports performance</p> <ul style="list-style-type: none"> • The effect of overeating on sports performance • The effect of undereating on sports performance • The effect of dehydration on sports performance

<p>Sport Science Unit R180: Reducing the risk of sports injuries and dealing with common medical conditions</p>	<p>24</p>	<p>Topic Area 1: Different factors which influence the risk and severity of injury</p> <ul style="list-style-type: none"> • Extrinsic Factors • Types of sports activities • Coaching/Leading/Instructing • Environment • Equipment • Intrinsic Factors • Individual Variables • Psychological factors • Reasons for aggression • Mental strategies <p>Topic Area 2: Warm up and cool down routines</p> <ul style="list-style-type: none"> • 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 <p>Topic Area 3: Different types and causes of sports injuries</p> <ul style="list-style-type: none"> • Acute injuries • Overview of acute injuries • Soft tissue and hard tissue injuries • Strains • Sprains • Skin Damage • Fractures • Dislocations • Head injuries • Chronic injuries • Overview of chronic injuries • Tendonitis • Epicondylitis • Shin Splints • Stress fractures <p>Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions</p> <ul style="list-style-type: none"> • Measures that can be taken during participation in sport
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		<p>or physical activity to reduce risk and severity of injury/medical conditions</p> <ul style="list-style-type: none"> • Safety checks • Strategies to reduce the risk of sports injuries and medical conditions • Emergency Action Plans (EAP) • Responses and treatment to injuries and medical conditions in a sporting context • SALTAPS on field assessment routine • DRABC • Recovery position • PRICE therapy • Use of X-rays to detect injury • Overview of treatments/therapies • Different psychological effects of dealing with injuries and medical conditions including treatment and long-term rehabilitation <p>Topic Area 5: Causes, symptoms and treatment of medical conditions</p> <ul style="list-style-type: none"> • Asthma • Diabetes • Epilepsy • Sudden Cardiac Arrest • Other medical conditions • Overview of heat exhaustion • Overview of dehydration
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