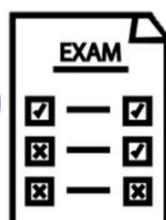


# Skegness Academy OCR Sport Science Learning Journey

Study Level 3 Sport and Physical Activity at SKA.

Sit exam  
May  
Year 11



### Topic Area 5: Causes, symptoms and treatments of medical conditions.

Students will need to know the causes and treatments of medical conditions, including asthma, diabetes, epilepsy, cardiac arrest, hypothermia, dehydration and heat exhaustion.



### Topic Area 2: Warm Up and Cool down routines

Students must know the key elements of a warm up and cool down. Including the physiological and psychological benefits.

### Topic Area 3: Different types and causes of sports injuries

Students will be taught the various types of injury, how they are caused and the treatment for each one.

### Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions.

Students will learn how to reduce risk of an injury and how to deal with them in a sporting situation.



### Topic Area 1: Different factors which influence the risk and severity of injury

Learners will look at the intrinsic and extrinsic factors which can influence the severity of sports injuries.

### Topic Area 5: Evaluate own performance in planning and delivery of a fitness training programme.

Students will evaluate the effectiveness of the programme in relation to meeting the needs of the performer, identifying strengths, weaknesses and areas to improve.

YEAR  
**11**

R181 completed  
by end of year ten  
Moderate January  
of Year 11

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

#### Topic Area 1: Components of fitness applied in sport

You will look at which fitness tests are carried out to measure the components of fitness. Including completing the tests and analysing your results. Students will also describe and demonstrate skills linked to components of fitness.

#### Topic Area 3: Principles of Training

In this task you will describe the principles of training, including SPOR, FITT, SMART. You will also look at a variety of training methods, including aerobic and anaerobic exercise.

#### Topic Area 4: Organising and planning a fitness training programme.

Students will design a safe and effective training programme linked to the needs of the performer.



#### Topic Area 1 part 1: Components of fitness applied in sport

In this task you focus on how the components of fitness apply to your two chosen sports, then design tests to measure skills you have selected.

### Unit R181 Applying Principles of training: fitness and how it affects skill performance

R183 Moderate  
January 2023

#### Topic Area 4: Now nutritional behaviours can be managed to improve sports performance

Students will look at the impact of a poor diet on sports performance, including dehydration, over eating and under eating.



#### Topic Area 2: Applying differing dietary requirements to varying types of sporting activity

What type of nutrition is important before, during and after exercise?  
What should different sports performers eat?  
How are dietary supplements used?

#### Topic Area 3: Developing a balanced nutrition plan for a selected sporting activity

Students will design a diet plan to meet the goals and objectives of a selected individual, they will look at the impact of their diet on their sporting performance.

#### Topic Area 1: Nutrients needed for a healthy, balanced nutrition plan

The components of a healthy balanced diet will be explored, including recommended intake levels.

### Unit R183 Nutrition and Sports Performance

YEAR  
**10**

START



#SKA – Skills.  
Knowledge. Ambition.  
Together we achieve the extraordinary