



# Curriculum Overview | Sport Science 2022-23



What will my child learn in Sport Science?

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 10	<p><b>RO41: Reducing the risk of injuries</b></p> <p><b>LO1 - Different factors that influence the risk of injury.</b></p> <p><b>LO2 – How warm up and cool down routines can help to prevent injury.</b></p>	<p><b>RO41: Reducing the risk of injuries</b></p> <p><b>LO3 – How to respond to injuries.</b></p> <p><b>LO4 – How to respond to common medical conditions.</b></p>	<p><b>RO46: Technology in Sport</b></p> <p><b>LO1 – How technology is used in Sport</b></p>	<p><b>RO46: Technology in Sport</b></p> <p><b>LO2: The positive effects of technology in sport.</b></p> <p><b>LO3 – The negative effects of technology in sport.</b></p>	<p><b>RO46: Technology in Sport</b></p> <p><b>LO2: The positive effects of technology in sport.</b></p> <p><b>LO3 – The negative effects of technology in sport.</b></p>	<p><b>RO46: Technology in Sport</b></p> <p><b>LO4: The impact of a specific technology in sport.</b></p> <p>This is a research task which students can choose to look at technology in one sport or similar technology that is used across different sports.</p>
Year 11	<p><b>RO42: Applying the principles of training</b></p> <p><b>LO1: Components of fitness &amp; Training methods</b></p> <p><b>LO2: Principles of training</b></p>	<p><b>RO42: Applying the principles of training</b></p> <p><b>LO3: Conducting fitness tests &amp; Evaluating data</b></p> <p><b>LO4: Planning fitness training programmes</b></p>	<p><b>RO42: Applying the principles of training</b></p> <p><b>LO4: Undertaking a 6 week training programme &amp; Evaluating how effective it was.</b></p> <p><b>RO45: Sports Nutrition</b></p> <p><b>LO1: The nutrients needed for a healthy balanced diet</b></p>	<p><b>RO45: Sports Nutrition</b></p> <p><b>LO2: Nutrition in sport</b></p> <p><b>LO3: Effects of a poor diet on performance and participation.</b></p>	<p><b>RO45: Sports Nutrition</b></p> <p><b>LO4: Developing diet plans for performers.</b></p>	

