

Y10 ROADMAP – OCR SPORTS SCIENCE

R180 Reducing the Risk of Sports Injuries

Subject Aim: To develop knowledge, understanding and practical skills that can be used in the Exercise, Physical Activity, Sport and Health sector.

TERM 1	<p>Topic Area 1: Different factors which influence the risk and severity of injury</p> <p>Intrinsic factors to include; Individual variables Psychological factors Reasons for aggression Mental strategies</p>	<p>ASSESSMENT</p> <p>R180; This unit is assessed by an external exam. The exam is 1 hour and 15 minutes. It has two Sections – Section A and Section B.</p> <ul style="list-style-type: none"> • Section A has 25 marks • Section B has 45 marks • The exam has 70 marks in total <p>A range of question types will be used in the exam, but it will always require students to use the skills of analysis and evaluation.</p>
	<p>Topic Area 2: Warm up & Cool Down Routines</p> <p>Key components of warm up Physiological and psychological benefits of a warm up Key components of a cool down Physiological benefits of a cool down</p>	
<p>Topic Area 3: Different types & causes of sports injuries</p> <p>Overview of acute injuries Soft tissue and hard tissue injuries Strains & Sprains Skin Damage Fractures / Dislocations Head injuries</p> <p>Overview of chronic injuries Tendonitis / Epicondylitis Shin splints / Stress Fractures</p>		
<p>Topic Area 4: Reducing risk, treatment & rehabilitation of sports injuries & medical conditions</p> <p>Safety checks Emergency Action Plans (EAP) Responses and treatment to injuries and medical conditions in a sporting context SALTAPS / DRABC / PRICE / Recovery position / X RAYS Treatment & therapies Psychological effects of dealing with injuries & medical conditions including treatment & long-term rehabilitation</p>		
<p>Topic Area 5: Causes, symptoms & treatment of medical conditions</p> <p>Asthma / Diabetes / Epilepsy Sudden cardiac arrest (SCA) Hypothermia / heat exhaustion / dehydration /</p>		
<p>TERM 6</p>		
<p>INDEPENDENT LEARNING</p> <p>Knowledge Organisers are expected to be used weekly to support the learning and recap of key vocabulary as the course progresses. All students will have access to the BOOST website which contains an e-book, interactive resources and knowledge tests, with progress trackers to identify and support gaps in knowledge Exemplar material, resources and live assessments will be shared in the TEAMS group.</p>		
<p>ENRICHMENT</p> <p>Extra-curricular clubs Gym membership at OneNK University Sports Science trips (Lincoln/Loughborough)</p>		

What Next? A qualification & career in the sports industry as well as opportunities to develop a valuable science-based background in a sporting, biological or medical field at Level 3 & University