

Y10 ROADMAP – OCR SPORTS SCIENCE

R181 Principles of Training

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

TERM 1	Topic Area 1: Components of Fitness applied in sport	ASSESSMENT Two mandatory units: R180: Reducing the risk of sports injuries and dealing with common medical conditions (external exam) R181: Applying the principles of training: fitness and how it affects skill performance (set assignment) Plus either: R182: The body's response to physical activity and how technology informs this (set assignment) R183: Nutrition and sports performance (set assignment)
	<ul style="list-style-type: none"> • Relevance of components of fitness to different sports • Assess components of fitness • Application of components of fitness to skill performance 	
TERM 2	Topic Area 2: Principles & Methods of Training	
TERM 3	<ul style="list-style-type: none"> • Principles of training and goal setting in a sporting context • Methods of training and their benefits 	
	Topic Area 3: Organising and planning a fitness training programme	
TERM 4	<ul style="list-style-type: none"> • Factors to consider when designing a fitness training programme • Elements of training programmes • Planning a fitness based training programme • How to monitor progress and adapt a programme • Post programme tests and SMART goals 	
TERM 5	Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme	
TERM 6	<ul style="list-style-type: none"> • Recording results from fitness training programme • Strengths and areas for improvement • Further suggestions for improvements to the fitness training programme 	
		INDEPENDENT LEARNING 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.
		ENRICHMENT Extra-curricular clubs Gym membership at OneNK University Sports Science trips (Lincoln/Loughborough)

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