

Sport science

Technical award - OCR

Subject Leader: Miss T Cariss

What's it all about?

Sports science is a varied and wide ranging course with several disciplines covered, equipping you for further study in sport at post 16. The content of the course covers both the practical and theoretical aspects of physical education.

What's involved?

Sport Sciences offers learners the opportunity to study key areas of sport science including anatomy and physiology linked to fitness, health, injury and performance; the science of training and application of training principles in sport and sports performance.

Who should take it?

Sports science is compulsory for all learners as it teaches students the importance of leading an active lifestyle as well as vital components of fitness and nutrition.

Assessment Methods

Component 1: Reducing the risk of sports injuries. Students will develop their understanding of how to prepare to take part in physical activity in a way which minimises the risk of injuries occurring, how to react to common injuries and provides a good foundation to undertake formal first aid training qualifications. This unit is externally assessed through a written examination.

Component 2: Applying principles of training. Students will develop their knowledge and understanding of the principles and methods of training and the application of these in the design of training programmes along with practical skills in fitness testing. This unit is an internally assessed task which is then moderated externally.

Component 3: The body's response to physical activity. In this unit students will understand key aspects of the structure and function of the musculo-skeletal and cardio-respiratory systems and investigate the changes which occur to them in response to short and long-term physical activity. This unit is an internally assessed task which is then moderated externally.

Component 4: Sports nutrition. Students will learn how to follow a healthy and balanced diet. They will also learn about the effect of a poor diet. Students will apply their dietary knowledge to athletes in different sports and activities creating a diet plan for a performer. This unit is an internally assessed task which is then moderated externally.

Each component contributes to 25% of the overall grade for the course.

What will I learn on this course?

- Personal development through practical participation and performance in a range of sports and exercise activities.
- A wider theoretical content appreciation of fitness in sport including body systems and how energy is used in different types of sporting situations.

Who can I contact for further information?

tcariss@kingcharles1.worcs.sch.uk