

# OCR Cambridge National Sports Science Year 11

	Topics Covered	Common Assessed Pieces (CAPS)
<b>YEAR 11 AUTUMN TERM</b> <b>Weeks – 1- 15</b> <b>5 Sept – 21 Dec 2018</b>	<b>RO41 Reducing the risk of sports injuries</b> <b>LO1:</b> Understand different factors which influence the risk of injury. <b>LO2:</b> Understand how appropriate warm up and cool down routines can help to prevent injury. <b>LO3:</b> Know how to respond to injuries within a sporting context. <b>LO4:</b> Know how to respond to common medical conditions.	RO41 Reducing the risk of sports injuries mock exam paper.
<b>YEAR 11 SPRING TERM</b> <b>Weeks –16-27</b> <b>7 Jan - 5 April 2019</b>	<b>RO45 Sports nutrition</b> <b>LO1:</b> Know about the nutrients needed for a healthy balanced diet. <b>LO2:</b> Understand the importance of nutrition in sport. <b>LO3:</b> Know about the effects of poor diet on sports performance and participation.	Cumulative grading of coursework completed from this topic and previous topics.
<b>YEAR 11 SUMMER TERM</b> <b>Weeks – 28- 39</b> <b>23 April- 23 July 2019</b>	<b>RO45 Sports nutrition</b> <b>LO4:</b> Be able to develop diet plans for performers.	Cumulative grading of coursework completed from this topic and previous topics.