

# Linton Village College Physical Education Journey

## Cambridge Nationals Sports Science Certificate

### Coursework Resubmission

This is an opportunity for students to have their work from units RO45, RO44 & RO42 re-assessed internally. Moderation for all units will happen internally and samples will be sent off to the exam board throughout the academic year.



SCAN HERE to see the Cambridge Nationals Sport Science specification and the content you will cover in more detail.

### Cambridge Nationals Sports science

#### RO45 – Sports Nutrition

Students will identify characteristics of a balanced diet, what nutrients are, the role of nutrients in a healthy, balanced diet and food sources of nutrients, as well as the importance of nutrition, before, during and post exercise.



SCAN HERE to access the unit guides and assessment tools, which contains important information regarding the course.



#### Sports Psychology - RO44

Personality is a unique characteristics of an individual. Knowledge about personality is important to ensure optimum sporting performance. Introverts VS extroverts, as well as optimum performance. Learners will need to know the theories of personality, trait and social learning and the definitions.



### Sports Science Breakdown

**Coursework – 75%**  
**Examination – 25%**

Year  
11

#### RO42 Principles of Training - Coursework

Learners will know the principles of training in a sporting context: Progression, specificity, reversibility, moderation and variance. Students will examine fitness tests, protocols, procedures and devise training programmes with goal setting.



### Coursework (75%)

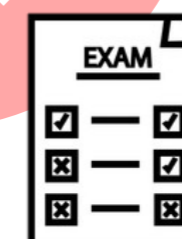
For Sports Science, you will need to complete various pieces of coursework across Units RO42, RO44 & 45. Internal deadlines will be set and must be adhered to throughout your course.

You will need to submit your coursework on or before the deadline provided. Failure to do this will result in potential jeopardy of your overall grade. Your teacher will deliver the content surrounding your assignment before allowing you time to complete the outlined piece of work.

Year  
10

#### Externally examined unit - RO41

Learners examine Extrinsic factors which can influence the risk of injury, i.e. type of activity (e.g. contact sports present different injury risks from gymnastic activities), coaching/supervision, environmental factors, equipment, safety hazards, i.e. Intrinsic factors which can influence the risk of injury, physical preparation, individual variables, psychological factors, posture and causes of poor posture and sports injuries related to poor posture.



### Examination (25%)

For RO41, you will complete an externally assessed examination. You will get a maximum of two attempts to complete this examination.

Your Sport Journey starts here ...



