

# Linton Village College Physical Education Journey

## Cambridge Nationals Sports Science Certificate



### R180 Reducing the risk of sports injuries – Exam

In Year 11, students continue to cover R180. Topic area 3 looks at the causes, symptoms and treatment of acute and chronic injuries. Topic area 4 looks at the causes, symptoms and response to medical conditions.



### R183 Sports Nutrition – NEA Coursework

R183 is a non-examined assessed (NEA) unit. This unit looks at four topic areas. Topic area 1 looks at understanding the characteristics of a balanced diet. Topic area 2 looks at understanding dietary needs of different types of activities. Topic area 3 looks at designing a diet plan and topic. Topic area 4 looks at the effects of undereating, overeating and dehydration.



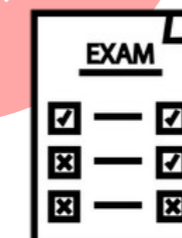
### R180 Reducing the risk of sports injuries – Exam

R180 is a mandatory examined unit that is sat at the **end of Year 11**. During Year 10, students will look at topic area 1, extrinsic and intrinsic factors affect the risk of sports injuries and topic area 2, warm up and cool down routines.

Year  
**10**

### R181 Principles of Training – NEA Coursework

R181 is a mandatory, non-examined assessed (NEA) unit. This unit looks at four topic areas. Topic area 1 looks at components of fitness in relation to sports, how we test components and analyse the data. Topic area 2 looks at principles of training (SPOR and FITT). Topic area 3 looks at applying knowledge to create a training programme. Topic area 4 looks at evaluating a training programme.



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



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



## Sports Science Breakdown

**Coursework – 60%**

**Examination – 40%**

### NEA Coursework (60%)

For Sports Science, you will need to complete various pieces of coursework across units R181 and R18. 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.

### Examination (40%)

For R180, you will complete an externally assessed examination. You will get a maximum of two attempts to complete this examination.

**Your Sport Journey starts here ...**