



Sports Science Overview



	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
Year 9	<p>Topic: Sports technology Focus: How technology is used in sport</p> <p>Outcome: explain how technology is used to enhance gameplay, performance and spectatorship. Includes analysis of hawk-eye, hotspot, fitness testing technologies, video assistant referee, clothing and equipment.</p> <p>Duration: 4 weeks</p>	<p>Topic: Sports Technology Focus: The positive effects of technology Outcome: explain how technology has had a positive impact on sports performance and participation. Includes analysis of hawk-eye, hotspot, fitness testing technologies, video assistant referee, clothing and equipment.</p> <p>Duration: 6 weeks</p>	<p>Topic: sports technology Focus: the negative impact of sports technology</p> <p>Outcome: Explain how technology has had a negative impact on performance, gameplay and spectatorship. Includes analysis of hawk-eye, hotspot, fitness testing technologies, video assistant referee, clothing and equipment.</p> <p>Duration: 4 weeks</p>	<p>Topic: Sports technology Focus: Evaluate the impact of one piece of technology on sport</p> <p>Outcome: Produce a case study on one piece of technology and research the application, reasons for use, history, reactions of users, overall effectiveness.</p> <p>Duration: 6 weeks</p>	<p>Topic: Sports nutrition Focus: Characteristics of a balanced diet</p> <p>Outcome: Analysis of what constitutes a balanced diet including the Eatwell Plate guidance and the role of seven nutrients.</p> <p>Duration: 4 weeks</p>	<p>Topic: Sports nutrition Focus: Importance of good nutrition in sport</p> <p>Outcome: Explain the importance of nutrition before, during and after exercise and for different athletes: aerobic, anaerobic, strength. Analysis of nutritional supplements and their uses / issues.</p> <p>Duration: 6 weeks</p>
Year 10	<p>Topic: Sports Nutrition Focus: Effects of poor diet on performance Outcome: Explain the impact of a poor diet on performance including overeating, undereating and de-hydration.</p> <p>Duration: 4 weeks</p>	<p>Topic: Sports Nutrition Focus: Develop a diet plan for a sports performer</p> <p>Outcome: 2 week diet plan to improve the performance of a chosen athlete.</p> <p>Duration: 6 weeks</p>	<p>Topic: Sports Nutrition Focus: Evaluating the diet plan Outcome: Evaluation of the diet plan including aims, outcomes, suitability and proposed changes.</p> <p>Duration: 4 weeks</p>	<p>Topic: Exam preparation. Focus: factors affecting the risk of injury Outcome: Mock answers on how extrinsic and intrinsic factors can affect the chance of injury and how risk can be reduced.</p> <p>Duration: 4 weeks</p>	<p>Topic: Exam preparation Focus: Importance of warm up and cool down routines. Outcome: Mock answers on parts of a warm up and cool down, benefits both physical and psychological.</p> <p>Duration: 4 weeks</p>	<p>Topic: Exam preparation Focus: Responses to common injuries and conditions Outcome: Mock answers on the signs, symptoms and treatment of a wide range of sports injuries.</p> <p>Duration: 6 weeks</p>
Year 11	<p>Topic: Principles of training Focus: Principles of training Outcome: Essay on the application of 6 training principles: specificity, overload, progression, reversibility, tiredness avoidance, moderation.</p> <p>Duration: 4 weeks</p>	<p>Topic: Principles of training Focus: training methods Outcome: powerpoint presentation on the different methods of training and their application in the development of different components of fitness.</p> <p>Duration: 6 weeks</p>	<p>Topic: Principles of training Focus: Fitness testing Outcome: Completion and record of a minimum of 8 different fitness tests. A full analysis of results.</p> <p>Duration: 5 weeks</p>	<p>Topic: Principles of training Focus: Training programme Outcome: Design and create a 6 week training programme to meet the needs of the athlete tested in block 3</p> <p>Duration: 6 weeks</p>	<p>Topic: Principles of training Focus: Evaluation of the training programme Outcome: written evaluation of the effectiveness of the training programme including outcomes and justified changes.</p> <p>Duration: 4 weeks</p>	<p>Topic: Exam Re-take preparation Focus: sports injuries Outcome: practice questions and revision exercises on the sports injuries paper.</p> <p>Duration: 3 weeks</p>