

Sports Science

Introduction and Need to Knows...

Listen



Ask Questions



Make notes

Your resources...

- Folder
- Text book
- Student Guide
- Assignments for R181
- Risk Assessment
- Teacher Observation
- Feedback Form
- Approved Sports List
- Homework Schedule
- Course Content

Listen



Check it is there



Ask if anything is missing

The course...

- *3 units of work over 2 years:*
- Reducing the Risk of Sports Injuries and dealing with common medical conditions
- Applying the principles of training: fitness and how it affects skill performance
- Nutrition and sports performance

Listen



Ask Questions



Make notes

Unit breakdown...

Title	Unit	Submissions	Start/Completion
Reducing the Risk of Sports Injuries and dealing with common medical conditions. (Mandatory)	R180	Online Test	Start and Completion over 2 year course with final test at the end.
Applying the principles of training: fitness and how it affects skill performance (Mandatory)	R181	Coursework: 5 tasks to complete.	Start and completion in year 10. Coursework final submission in Term 5
Nutrition and sports performance (Option)	R183	Coursework: will update on 1 st June 2025 to know how many tasks to complete.	Start towards the end of year 10 complete by Christmas year 11. Coursework final submission TBC.

Listen



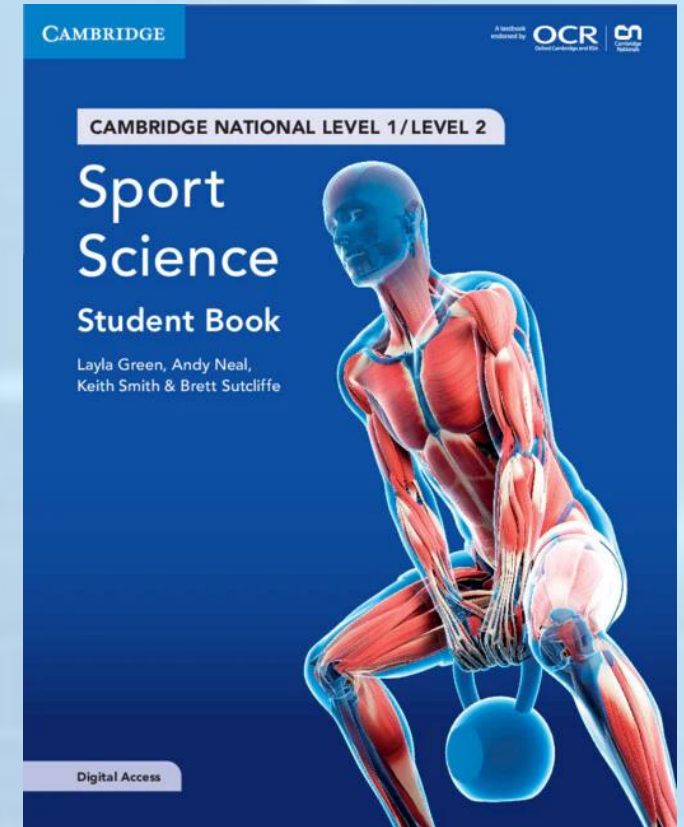
Ask Questions



Make notes

The book...

- This is your book put your name in front cover
- Book stays in school
- Register online for digital version
- Homework completed from book sometimes questions sometimes just reading
- Spend sometime exploring the online area



Listen



Name in book



Register Online

Key documents...

Student name:	
Qualification:	OCR Level 1/Level 2 Cambridge National in Sport Science
Unit number and title:	Unit number: R181
	Unit title: Applying the principles of training: fitness and how it affects skill performance
Activity observed:	Task title:
	Task number:
Date activity completed:	
Additional evidence attached:	
TEACHER SECTION:	
How did the student complete the activity? Your response must provide details of what the student did and how this relates to the relevant marking criteria.	
STUDENT SECTION:	
I agree with my teacher's description of how I completed this activity.	Yes <input type="checkbox"/>
Additional student comments:	
Student's signature:	Date: (DD/MM/YYYY)
Teacher's name:	
Teacher's signature:	Date: (DD/MM/YYYY)

STUDENT NAME:				
SPORTING ENVIRONMENT: (e.g. sports hall)			Date completed:	
Had some tutor support		Had little tutor support		Produced independently
STEP 1 – HAZARDS Identify significant hazards below	STEP 2 State the severity of the hazard (high, low, medium)	STEP 3 – RESIDUAL RISK RATING State the probability of the hazard occurring (high, low, medium)	STEP 4 List the people who are at risk from the hazards you have identified	STEP 5 – EXISTING CONTROL MEASURES List what could be done to reduce the risks. Note any action that you think is needed

Student's Name	
Unit Title	
OCR-Set Assignment	
Teacher	

The feedback you give to the student must be limited to which section of the work could be improved, i.e. the task and the command word. The student must review their own work against the marking criteria to identify what they need to improve. For more information on feedback, please refer to Section 6 of the Specification.

Please note that constructive and useful feedback should allow students to understand:

- Strengths of their performance
- Limitations of their performance
- Where work could be improved

Feedback should be against the topic area and marking criteria to help students understand how these inform the process of assessment.

Feedback provided to the student to support the improvement of work:

Date	
-------------	--

Listen



Find



Ask if unsure

Student Guide...



The image shows the cover of a student guide. In the top left corner, a blue banner with white text reads "INCLUDED ON THE KS4 PERFORMANCE TABLES". The main title "SPORT SCIENCE" is written in large, bold, blue letters, with "SPORT" on the top line and "SCIENCE" on the bottom line. A large orange rectangular box in the center contains the text "Student guide to NEA assignments" in white, bold font.

[620514-student-guide-to-nea-assignments.pdf](https://www.bham.ac.uk/~620514/student-guide-to-nea-assignments.pdf)

Listen



Find



Read

Course Content...

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	<p>R180 Different factors which influence the risk and severity of injury</p> <p>R181 Components of fitness applied in sport</p>	<p>R180 Warm up and cool down routines</p> <p>R181 Principles of training in sport</p>	<p>R180 Different types and causes of sporting injuries</p> <p>R181 Organising and planning a fitness training programme</p>	<p>R180 Reducing risk, treatment and rehabilitation of sports injuries and medical conditions</p> <p>R181 Evaluate own performance in planning and delivery of a fitness training programme</p>	<p>R180 Causes, symptoms and treatment of medical conditions</p> <p>R181 NEA (working on)</p>	<p>R180 Revision of TA1-5 Internal examination</p> <p>Start R183 Optional NEA</p> <p>R183 Nutrients needed for a healthy balanced nutrition plan</p> <p>R181 (submit for moderation)¹</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 11	<p>R180 Revision of TA1, 2 and 3</p> <p>R183 Applying differing dietary requirements to varying types of sporting activity</p>	<p>R180 Revision of TA4 and 5</p> <p>R183 Optional NEA</p> <p>R183 Developing a balanced diet nutrition plan for a selected sporting activity</p>	<p>R180 External examination (practice sitting, no opportunity for late certification as all moderated units not completed. If you wish to use this for the actual final exam you would have needed to have all NEA moderated either before or in this session)</p> <p>R183 Optional NEA</p> <p>R183 How nutritional behaviours can be managed to improve sports performance</p> <p>R181 (resubmission for moderation if needed) ¹</p>	<p>R180 Revision of TA1-5</p> <p>R183 NEA (working on)</p>	<p>R180 Revision of TA1-5</p>	<p>R180 Examination (final opportunity)</p> <p>R183 NEA (submit for moderation)²</p>

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Make Notes

Homework Schedule...

- Homework is to be completed as per schedule
- It will support with your assignments/test
- You will need to complete assignments during this schedule also.

Term 1

Week 1: Read glossary, assignments and 114 – 115

Week 2: 116

Week 3: 117 – 130

Week 4: 131 - 144

Week 5: 145 - 147

Week 6: 148 - 150

Week 7: Recap glossary and any missed learning focus on assignments.

Term 2

Week 1: Read glossary, assignments and 151

Week 2: 152 - 153

Week 3: 154 - 159

Week 4: 160 - 164

Week 5: 165 - 169

Week 6: 170 - 173

Week 7: Recap glossary and any missed learning focus on assignments

Term 3:

Week 1: Read glossary, assignments and 174

Week 2: 175 - 180

Week 3: 180 - 183

Week 4: 184 - 186

Week 5: Modify and improve any assignments

Week 6: Recap glossary and any missed learning focus on assignments

Term 4:

Week 1: Read glossary, assignments and 187

Week 2: 188 - 191

Week 3: Modify and improve any assignments

Week 4: Modify and improve any assignments

Week 5: Modify and improve any assignments

Week 6: Recap glossary and any missed learning focus on assignments

Term 5: Full focus on any assignments needing to be completed/updated.

Listen



Check



Ask Questions

Approved Sports List...

OCR

Oxford Cambridge and RSA

Approved Sporting Activity list for:

**Cambridge Nationals (J828, J829) and Cambridge
Technicals in Sport and Physical Activity (05826, 05827,
05828, 05829, 05872, 05885, 05886, 05889)**

[Approved activity list Sport.pdf](#)

Listen



Check



Ask Questions

Assignments...

- Deadlines are to be met.
- Failure to meet deadlines may result in failed unit of work which could lead to failed course.
- Deadlines are set by OCR not Waterfront.
- Assignments are given in advance for you to work on
- Some lessons will be dedicated assignment time
- You must follow the brief for each
- APPLICATION, APPLICATION, APPLICATION!

[Set assignment \(R181\) \(4\).pdf](#)

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