

	1	2	3	4
	Principles of training	Risk of injuries	Sports nutrition	Sports Technology
Rationale	Pupils will focus on developing, implementing and refining knowledge of principles of training	Pupils will focus on developing, implementing and refining knowledge of risk of injuries	Pupils will focus on developing, implementing and refining knowledge of sports nutrition	Pupils will focus on developing, implementing and refining knowledge of sports technology
Prior knowledge	Learners who are taking courses leading to this qualification should normally have a corresponding KS3 PoF within the NC. Sport is a key theme in most areas of both education and health policy. The need for people to lead healthy and active rather than sedentary lifestyles is increasingly prominent in respect of government initiatives, and this is reflected in the school curriculum, where physical education and sport remains core; these qualifications seek to build upon this provision at key stages 3 and 4.	Learners who are taking courses leading to this qualification should normally have a corresponding KS3 PoF within the NC. Sport is a key theme in most areas of both education and health policy. The need for people to lead healthy and active rather than sedentary lifestyles is increasingly prominent in respect of government initiatives, and this is reflected in the school curriculum, where physical education and sport remains core; these qualifications seek to build upon this provision at key stages 3 and 4.	Learners who are taking courses leading to this qualification should normally have a corresponding KS3 PoF within the NC. Sport is a key theme in most areas of both education and health policy. The need for people to lead healthy and active rather than sedentary lifestyles is increasingly prominent in respect of government initiatives, and this is reflected in the school curriculum, where physical education and sport remains core; these qualifications seek to build upon this provision at key stages 3 and 4.	Learners who are taking courses leading to this qualification should normally have a corresponding KS3 PoF within the NC. Sport is a key theme in most areas of both education and health policy. The need for people to lead healthy and active rather than sedentary lifestyles is increasingly prominent in respect of government initiatives, and this is reflected in the school curriculum, where physical education and sport remains core; these qualifications seek to build upon this provision at key stages 3 and 4.
Key knowledge/skills development	In the world of team and individual sport, it is vital that coaches keep their performers in peak condition. They do this by regularly monitoring them through fitness tests and by designing bespoke training programmes to suit the type of sport, performance schedule and the individual themselves. High quality training programmes apply principles of training to the requirements of the individual in their development and implementation. By completing this unit, learners will develop knowledge and understanding of the principles and methods of training and the application of these in the design of training programmes along with practical skills in fitness testing.	Taking part in sport and physical activity puts the body under stress. Knowing how to reduce the risk of injury when taking part in sport, and how to respond to injuries and medical conditions in a sport setting are, therefore, vital skills in many roles within the sport and leisure industry, whether you are a lifeguard, a steward at a sports stadium or a personal fitness instructor. By completing this unit, learners will know how to prepare participants to take part in physical activity in a way which minimises the risk of injuries occurring, how to react to common injuries that can occur during sport and how to recognise the symptoms of some common medical conditions, providing a good foundation to undertake formal first aid training and qualifications.	nutrition and diet are vital to our health and wellbeing. In the world of sport, the right nutrition is as important as the right equipment and the right training methods, because, without suitable nutrition, a performer's body would not be able to cope with the stresses and strains put upon it. This would lead not only to deterioration in performance, but also in health. The amount of legislation and media coverage that surrounds the use of supplements in elite sport, some of which are approved and some of which are prohibited, highlights the value placed on nutrition in modern day sport. By completing this unit, learners will consider the composition of a healthy, balanced diet. They will also consider the necessity of certain nutrients in particular quantities and the effects of a poor diet. They will reflect upon the role that diet plays in different sports and	Elite sport is big business and the amounts of money invested in, and available for, achieving success are increasing. In such a competitive environment, innovation which can provide an advantage is much sought-after and it is in this context that the application of technology to sport is becoming more and more prevalent and providing a growing range of career opportunities as a result. By completing this unit, learners will consider the variety of ways in which technology is being used in sport to enhance both performance and the experience of sport for performers and for spectators. They will also develop an appreciation of some of the counter-arguments regarding the increasing use of technology in sport.
National Curriculum/specification links	The Cambridge Nationals in Sport Science offer learners the opportunity to study key areas of sport science including anatomy and physiology linked to fitness, health, injury and performance; the science of training and application of training principles, and psychology in sport and sports performance. Learning Outcome 1: Understand different factors which influence the risk of injury. Learning Outcome 2: Understand how appropriate warm up and cool down routines can help to prevent injury. Learning Outcome 3: Know how to respond to injuries within a sporting context. Learning Outcome 4: Know how to respond to common medical conditions. Key terms Training zones, measurement, timing Heart rate data, technology in sport	The Cambridge Nationals in Sport Science offer learners the opportunity to study key areas of sport science including anatomy and physiology linked to fitness, health, injury and performance; the science of training and application of training principles, and psychology in sport and sports performance. Learning Outcome 1: Know the principles of training in a sporting context Learning Outcome 2: Know how training methods target different fitness components Learning Outcome 3: Be able to conduct fitness tests Learning Outcome 4: Be able to develop fitness training programmes Key terms Injury data Biology, sports technology	The Cambridge Nationals in Sport Science offer learners the opportunity to study key areas of sport science including anatomy and physiology linked to fitness, health, injury and performance; the science of training and application of training principles, and psychology in sport and sports performance. Learning Outcome 1: Know about the nutrients needed for a healthy, balanced diet Learning Outcome 2: Understand the importance of nutrition in sport Learning Outcome 3: Know about the effects of a poor diet on sports performance and participation Learning Outcome 4: Be able to develop diet plans for performers Key terms Calories, metabolic rate Diet	The Cambridge Nationals in Sport Science offer learners the opportunity to study key areas of sport science including anatomy and physiology linked to fitness, health, injury and performance; the science of training and application of training principles, and psychology in sport and sports performance. Learning Outcome 1: Know how technology is used in sport Learning Outcome 2: Understand the positive effects of sports technology Learning Outcome 3: Understand the negative effects of sports technology Learning Outcome 4: Be able to evaluate the impact of technology in sport Key terms biomechanics data Technology in sport
Cross Curricular links	Biology - Anatomy and physiology, body systems and Maths - measurement/timing, percentages	Biology - Anatomy and physiology, body systems and Maths - measurement/timing, percentages	Biology - diet/nutrition, Cooking - n	Technology - DT/materials science/textiles and science - materials
Key Vocabulary	Extrinsic/intrinsic factors, environmental factors, protection, risk assessment, Emergency action plans, posture (lordosis, kyphosis, scoliosis), warm up, cool down, psychology, chronic and acute injuries, tendonitis, fractures and protocols. Asthma, diabetes and epilepsy	Principles of training, specificity, progression, moderation, reversibility/regression, variance, aerobic/anaerobic, components of fitness, methods, adaptability, ParQ	Nutrients, carbohydrates, fats, prot	simulators, aerodynamics, Hawk-eye, Hot spot, goal line technology, spectatorship, punditry, sweet spot, prosthetics and stakeholders