

SPORT SCIENCE

Cambridge National



The main aims of the course are:

Elite sport has fully embraced sport science and considers every minute detail of an athlete's training programme, rest time, environment and psychology in the pursuit of excellence. The Cambridge National in Sport Science (Level 2 award) offers students the opportunity to study key areas of sport science including anatomy and physiology linked to fitness, health, injury and performance.

It will involve studying the following areas as part of the course:

Reducing the risk of sports injuries

Taking part in sport and physical activity puts the body under stress. Students will learn how to reduce the risk of injury when taking part in sport through activities such as warm-ups, and knowing how to respond to injuries and medical conditions in a sport setting are all vital skills within the sport and leisure industry.

Applying principles of training

Students will learn the principles of training and how different methods target different components of fitness. They will also learn how to conduct fitness tests, interpret the results and design and evaluate fitness programmes.

Sport psychology

Students will look at some of the key elements of sport psychology and use some of the strategies and techniques utilised in pursuit of excellence in sports performance.

Sports nutrition

Students 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 activities

The main reasons for choosing this are:

To further develop an interest in sport both as a leisure activity and with a view to more advanced studies and employment within the sports industry.

The scheme of assessment is:

Each unit is worth 25% of the final grade

Reducing the risk of sports injuries: 1 hour written exam

Applying principles of training, Sport psychology and Sports nutrition: Centre assessed task

Course requirements are:

A positive interest in sport both practically and theoretically.

You can obtain further information from Mr J. Taylor, Mrs S. Cook or Mr R. Belton.

Please note PE and Sports Science counts as one option, practical lessons are taught together and the teachers will decide which course is best suited for each student.