

## Course Information for Parents

### Key Stage 4 Physical Education: Cambridge Technical in Sport Science

<b>Learning Leader Contact Information</b>		Phone: 01604 862125	Email: <a href="mailto:tracey.cotter@ewsacademy.org.uk">tracey.cotter@ewsacademy.org.uk</a>
<b>Examination Board</b>	OCR	<b>Specification Code</b>	J812

#### Subject Content

##### **Unit 1: Reducing the Risk of Sports Injuries**

- Understand the different factors which influence the risk of injury
- Understand how appropriate warm up and cool down routines can help to prevent injury
- Know how to respond to injuries within a sporting context
- Know how to respond to common medical conditions

##### **Unit 2: Applying Principles of Training**

- Know the principles of training in a sport context
- Know how training methods target different fitness components
- Be able to conduct fitness tests
- Be able to develop fitness training programmes

##### **Unit 3: The Body's Response to Physical Activity**

- Know the key components of the musculo-skeletal and cardio-respiratory systems, their function and roles.
- Understand the importance of the musculo-skeletal and cardio-respiratory system in health and fitness.
- Be able to assess the short-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems.
- Be able to assess the long-term effects of physical activity on the musculo-skeletal and cardio-respiratory system.

##### **Unit 4: Sports Nutrition**

- Know about the nutrients needed for a healthy, balanced diet
- Understand the importance of nutrition in sport
- Know about the effects of a poor diet on sports performance and participation
- Be able to develop diet plans for performers

**Additional Equipment Required:** Students will require PE kit as the theory content will be taught in classrooms and through practical lessons.

#### Assessment Details

**Unit 1: R041: Reducing the risk of injury-** External written paper set and marked by the exam board. 1 hour, 60 marks.

**Unit 2: R042: Applying principles of training-** Internal coursework marked by EWS staff, moderated by OCR. 10 hours, 60 marks.

**Unit 3: R043: The body's response to physical activity** - Internal coursework marked by EWS staff, moderated by OCR. 10 hours, 60 marks.

**Unit 4: R045: Sports Nutrition** - Internal coursework marked by EWS staff, moderated by OCR. 10 hours, 60 marks.

#### What can I do to support my child at home?

- Ensure that all homework tasks are completed
- Encourage them to play sport in their own time
- Have conversations about the topic areas
- Train with the students especially when they are completing their training plans for Unit 2

## Course Information for Parents

### Recommended resources for the course:

**Websites:**

- Ocr.org.uk
- Teachpe.com
- Brianmac.com

**Apps:**

- Myfitness pal
- Map my run
- Fitbit

### Teaching Staff Contact Details

Name	Role	Email	Tel
Ms Tracey Cotter	Learning Leader for PE	<a href="mailto:Tracey.cotter@ewsacademy.org.uk">Tracey.cotter@ewsacademy.org.uk</a>	01604 862125
Mr Thomas Inchley	Assistant learning leader PE	<a href="mailto:thomas.inchley@ewsacademy.org.uk">thomas.inchley@ewsacademy.org.uk</a>	01908 563468
Miss Emma Sullivan	Teacher of PE	<a href="mailto:emma.sullivan@ewsacademy.org.uk">emma.sullivan@ewsacademy.org.uk</a>	01908 563468
Miss Chloe James	Teacher of PE	<a href="mailto:chloe.james@ewsacademy.org.uk">chloe.james@ewsacademy.org.uk</a>	01908 563468
Mr Thomas Martin	Teacher of PE	<a href="mailto:thomas.martin@ewsacademy.org.uk">thomas.martin@ewsacademy.org.uk</a>	01908 563468
Mr Ciaran Rodway	Teacher of PE	<a href="mailto:ciarane.rodway@ewsacademy.org.uk">ciarane.rodway@ewsacademy.org.uk</a>	01604 862125
Mr Ian Sanderson	Teacher of PE	<a href="mailto:ian.sanderson@ewsacademy.org.uk">ian.sanderson@ewsacademy.org.uk</a>	01604 862125

**Additional Information:**

**Potential careers options:** This course has been designed to allow the students to experience a wide variety of vocations in sport. Following the Cambridge National potential careers can include: -

- Teaching and coaching
- Personal training
- Sport psychologist
- Exercise physiologist
- Public services
- Armed forces