

Course Information for Parents

Key Stage 4 Physical Education: Cambridge National in Sport Science

Learning Leader Contact Information		Phone: 01604 862125	Email: tracey.cotter@ewsacademy.org.uk
Examination Board	OCR	Specification Code	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 Teacher of Y9 class North	Tracey.cotter@ewsacademy.org.uk	01604 862125
Mr Stuart Higgins	Learning Leader South & Teacher of Y11 class South	Stuart.higgins@ewsacademy.org.uk	01908 563468
Mrs Cassie Tuplin	Teacher of Y10 class South	Cassandra.tuplin@ewsacademy.org.uk	01908 563468
Mr Matthew Earl	Teacher of Y11 class North	Matthew.earl@ewsacademy.org.uk	01604 862125
Mrs Ella Lloyd-Jones	Assistant Headteacher Teacher of Y9 class South	Ella.lloyd-jones@ewsacademy.org.uk	01908 563468

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