

# ROAD MAP OF OCR Sport Science



**PE INTENT**

'to develop a lifelong involvement of physical activity, sport and exercise'

'have good physical health, emotional and social wellbeing'

'lead healthy and active lifestyles'



Start R180 exam content in January

Claim R183 in January

Claim R181 in May

Start R183 coursework in March

Evaluate own performance in planning and delivery of a fitness training programme

Organising and planning a training programme

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Start R181 in September (Using Set Task released in June '23)

Sit R180 exam in May

R180 Revision

Warm up and cool down routines

Reducing risk, treatment and rehabilitation of sports injuries and medical conditions

Causes, symptoms and treatment of medical conditions

Different factors which influence the risk and severity of injury



Different types and causes of sporting injuries

How nutritional behaviours can be managed to improve sports performance

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Nutrients needed for a healthy balanced nutrition plan

Developing a balanced diet nutrition plan for a selected sporting activity

Applying differing dietary requirements to varying types of sporting activity



Principles of Training in Sport

Components of Fitness applied in sport

