

Year	Autumn	Spring	Summer
10/11	<p>Unit R181: Applying the principles of training: fitness and how it affects skill performance.</p> <ul style="list-style-type: none"> • Topic 1: Components of fitness applied in sport. • Topic 2: Principles of training in sport 	<p>Unit R181: Applying the principles of training: fitness and how it affects skill performance.</p> <ul style="list-style-type: none"> • Topic 2: Principles of training in sport • Topic 3 Organising and planning a fitness training programme. 	<p>Unit R181: Applying the principles of training: fitness and how it affects skill performance.</p> <ul style="list-style-type: none"> • Topic 3: Organising and planning a fitness training programme. • Topic 4: Evaluate own performance in planning and delivery of a fitness training programme. <p>Unit R180: Reducing the risk of sports injuries and dealing with common medical conditions</p> <ul style="list-style-type: none"> • Topic Area 1: Different factors which influence the risk and severity of injury. <p>Unit R182:</p>

			<p>The body's response to physical activity and how technology informs this.</p> <ul style="list-style-type: none"> • Topic Area 1: The cardio-respiratory system and how the use of technology supports different types of sports and their intensities. • Topic Area 2: The musculo-skeletal system and how the use of technology supports different types of sports and their movements.
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Curriculum Overview – Sports Science Cambridge National- Teesdale.