

## Curriculum Map

### OCR Cambridge Nationals Sports Science J828

R180 – Reducing the risk of sports injuries and dealing with common medical conditions

R181 – Applying the principles of training: fitness and how it affects skill performance

R182 – The body's response to physical activity and how technology informs this

#### **Year 1**

Unit	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
<b>R180</b>	<b>Topic Area 1:</b> Warm up and cool down routines	<b>Topic Area 2:</b> Different factors which influence the risk and severity of injury	<b>Topic Area 2:</b> Different factors which influence the risk and severity of injury	<b>Topic Area 3:</b> Different types and causes of sports injuries	<b>Topic Area 3:</b> Different types and causes of sports injuries	<b>Topic Area 4:</b> Reducing risk, treatment and rehabilitation of sports injuries and medical conditions
<b>R181</b>	<b>Topic Area 1:</b> Components of fitness applied in sport	<b>Topic Area 1:</b> Components of fitness applied in sport	<b>Topic Area 2:</b> Principles of training in sport	<b>Topic Area 2:</b> Principles of training in sport	<b>Topic Area 3:</b> Organising and planning a fitness training programme	<b>Topic Area 3:</b> Organising and planning a fitness training programme  <b>Topic Area 4:</b> Evaluate own performance in planning and delivery of a fitness training programme

#### **Year 2**

Unit	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
<b>R180</b>	<b>Topic Area 4:</b> Reducing risk, treatment and rehabilitation of sports injuries and medical conditions	<b>Topic Area 5:</b> Causes, symptoms and treatment of medical conditions	<b>Topic Area 5:</b> Causes, symptoms and treatment of medical conditions	<b>Exam preparation</b>	<b>Exam preparation</b>	
<b>R182</b>	<b>Topic Area 1:</b> The cardio-respiratory system and how the use of technology supports different types of sports and their intensities	<b>Topic Area 2:</b> The musculo-skeletal system and how the use of technology supports different types of sports and their movements	<b>Topic Area 3:</b> Short-term effects of exercise on the cardio-respiratory and musculo-skeletal systems	<b>Topic Area 4:</b> Long-term effects of exercise on the cardio-respiratory and musculo-skeletal systems	<b>Working on OCR-set NEA assessment (supervised)</b>	