



Co-op Academy
Priesthorpe

Key Stage 4
Information
Evening
2023

Physical Education

Sports Science

Links to key websites

Additional information to assist with coursework, homework or revision can be found in the following places:

(A revision guide for RO41 will be given to students)

<https://www.ocr.org.uk/images/82412-specification.pdf> (Specification) - YEAR 11

<https://www.ocr.org.uk/Images/610952-specification-cambridge-nationals-sport-science-j828.pdf> - YEAR 10

www.teachpe.com / mypeexam.org / www.pe4learning.com

www.bbc.co.uk/education/subjects/ (OCR- GCSE principles of training and sport psychology information)

Teach PE- www.teachpe.com

OCR National Sports Science - YEAR 10&11

The year 10 students will follow the updated 2022 specification for Sports Science, the qualification will still be assessed through coursework units and an external exam in year 11. Students are required to complete three units of work by the end of the qualification.

They will cover:

- ☑ R180 - Reducing the risk of sports injuries and dealing with common medical conditions (80 marks)
- ☐ R181 - Applying the principles of training: fitness and how it affects skill performance (80 marks)
- ☐ R183 - Nutrition and sports performance (40 marks)

R181 - (Compulsory Unit) - Applying the principles of training: fitness and how it affects skill performance

By completing this unit, you will conduct a range of fitness tests, understand what they test and their advantages and disadvantages. You will also learn how to design, plan and evaluate a fitness training programme. You will then interpret the data collected from these fitness tests and learn how best to feed this back

THE DEADLINE for this unit to be completed will be April 2023

R183: Nutrition and sports performance

This unit will begin in May 2023.

By completing this unit you will gain understanding of healthy, balanced nutrition. You will consider the necessity of certain nutrients and their role in enabling effective performance in different sporting activities. The knowledge you gain will be used to produce an appropriate, effective nutrition plan for a performer

THE DEADLINE for this unit to be completed will be October half term Y11

R180: (EXAM UNIT) Reducing the risk of sports injuries and dealing with common medical conditions

The exam will take place in MAY Y11 and will cover the following areas:

- ☐ Different factors which influence the risk and severity of injury
- ☐ Warm up and cool down routines
- ☐ Different types and causes of sports injuries
- ☐ Reducing risk, treatment and rehabilitation of sports injuries and medical conditions
- ☐ Causes, symptoms and treatment of medical conditions

Sports Science catch up for year 10 is Wednesday after school in S1. Morning catch up sessions will be organised for year 11 after October half term.

Any issues regarding this course please contact Mr Rigg (Robert.rigg@coopacademies.co.uk) or Miss Bicknell (Jessica.bicknell@coopacademies.co.uk).

Below is key information regarding the grading for individual units and the full qualification:

Grades (RO41, 42, 44 and 45)

Grade	U	L1P	L1M	L1D	L2P	L2M	L2D	L2D*
Marks / 60	<18	18	24	30	36	42	48	54

Overall qualification grade boundaries:

Grade	U	L1P	L1M	L1D	L2P	L2M	L2D	L2D*
Marks / 240	<72	72	96	120	144	168	192	216