

# CNAT Sports Science Learning Journey



**OCR**  
Oxford Cambridge and RSA



6<sup>th</sup> form – BTEC  
Sport  
College – Sports  
science



R180 Exam

Causes and treatment  
of different medical  
conditions

Treatment of sports  
injuries

Complete C/W  
– End of course

Rehabilitation from  
sports injuries

Reducing the risk of  
sports injuries

Factors that influence  
injuries

Understand the  
severity of injuries



The importance of  
warm ups and cool  
downs



Different types of  
sports injuries

Start R181 –  
Sports  
injuries

**Year 11**

Complete a fitness  
training programme

Advantages and  
disadvantages of  
different fitness tests

Fitness  
requirements for  
sports



Components of  
fitness &  
definitions

R181  
Assessment

Evaluate the success of  
training programmes



Designing training  
programmes

R182  
Assessment

How to adapt a  
nutritional plan for  
different sports

Key factors when  
analyzing the success  
of a nutritional plan

Start R181 –  
Principles of  
training



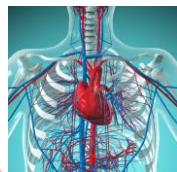
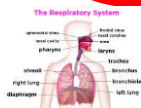
How to design a  
nutritional plan

**Year 10**

Effects of exercise on  
the respiratory  
system

Effects of exercise on  
the Muscular-  
skeletal system

Effects of exercise on  
the Cardio-vascular  
system



R183  
Assessment

Components of the  
cardio vascular  
system

Components and  
function of the  
muscular-skeletal  
system

Components of the  
respiratory system

R182 – The bodies  
response to PA

The dietary  
requirements  
of different  
sports

The role of nutrients  
in sport



Characteristics of a  
balanced nutritional plan

R183 – Nutrition in  
sport

**Year 9**

