

Sports Science Learning Journey



OCR
Oxford Cambridge and RSA

6th form
CTEC Sports science



Causes and treatment
of different medical
conditions

Treatment of sports
injuries

Complete
Coursework

End of Year
Exam

Practical
Moderation

Media in sport



The importance of
warm ups and cool
downs

Drugs in Sport

Ethics of sport



Physical Education in
the UK

The Respiratory System



Effects of exercise on
the Cardio-vascular
system



Effects of exercise on
the respiratory
system

Components of the
cardiovascular
system

Components and
function of the
musculoskeletal
system

Effects of exercise on
the Musculoskeletal
system

The Body Systems

Year 11

Introduction of
coursework

Practice
Papers



End of Year
Exam

Practical
Moderation

Key factors when
analyzing the success
of a nutritional plan

Rehabilitation from
sports injuries

Evaluate the success of
training programmes

Complete a fitness
training programme

Advantages and
disadvantages of
different fitness tests

Different types of
sports injuries

Fitness requirements
of sport

Characteristics of a
balanced nutritional plan

Components of
fitness & definitions



Year 9

Year 9 Options

Year 10

Principles of Training



Designing training
programmes