Sport Science @ **eotas**

Our Sport Science provision aims to create an exciting opportunity for students to learn the scientific principles and theories of sports performance, participation and practice

Big ideas

- **Injuries** – What injuries you face in sports and how we can minimise the risk of injuries occurring
- **Principles of Training** – how do we train most effectively?
- **Methods of Training** – What can we do to achieve our goals?
- **Components of Fitness** – What does it mean to be "fit"? How does this apply to different sports?

Content and Sequencing

- Reducing the Risk of Injuries - Learn how to prepare participants to take part in physical activity so that they minimise the risk of injuries. Also learn how to respond to common sporting injuries and how to recognise the symptoms of some common medical conditions.
- Applying the Principles of Training - Develop knowledge and understanding of the principles of training and how to keep performers in peak physical condition. Apply practical skills in fitness testing and in designing bespoke training programmes to suit individual requirements.
- Optional modules from:
  - The body's response to physical activity
  - Sport psychology
  - Sports nutrition
  - Technology in sport

Links with English and Maths

- Time
- Statistics and data analysis
- Quality approved subject specialist texts
- Written assignment work

Retrieval Practice

- Regular informal assessment to monitor progress
- Summative assessment tasks
- Performance analysis
- Low stakes testing

Progress

Units are carefully planned to provide the basis that students require to gain a knowledge and understanding of the key sports science principles. The course is devised to allow students to make clear progress throughout each unit in preparation for exam and coursework based assessment.

Support

- Every student has access to the sports science curriculum
- Use of prior sporting knowledge or expertise can be applied
- Endorsed resources available for support