



# CAMBRIDGE NATIONALS – SPORTS SCIENCE LEVEL 1/2.

LOVE OF PE  
Physically LITERATE  
Life LONG PARTICIPATION  
Rounded citizens

**Reducing risk, treatment and rehabilitation of sports injuries**  
**Causes, symptoms and treatment of medical conditions**

**Factors that influence the risk and severity of injury**  
**Warm up and cool down routines**  
**Different types and causes of sports injury**

**Year 11**

**Components of the bones, muscles and joints**  
**Function and role of the musculo-skeletal system.**  
**the musculo-skeletal sports technology**

**Long term effects on the cardio-respiratory.**  
**Long term effects on musculo-skeletal systems.**

**Short term effects on the cardio-respiratory.**

**Components of the heart, blood vessels and respiratory system.**  
**Function and role of the cardio-respiratory system.**  
**Cardio-respiratory sports technology**

**Implement a fitness training programme**

**Reflect on performance, analyse effectiveness.**  
**Analyse strengths and weaknesses**  
**Areas for improvement**



**Year 10**

**Design and plan a fitness training programme**

**Components of fitness, fitness tests, principles of training, goal setting, types of training, aerobic and anaerobic training**