## My Sports Science Journey



KINGSBURY GREEN **ACADEMY** 

Extended

Diploma

Unit 1 **Body Systems and** the effects of exercise

Unit 2 **Sports Coaching** and Activity Leadership

Unit 3 **Sports organisation** and Development

**Unit 18 Sport and Exercise Psychology** 

**Unit 19 Practical Skills in Sport and Physical Activities** 

Extended Certificate

Unit 4 **Working Safely in Sport** 

Unit 5 **Performance Analysis** 

Practical Skills in Sport and Physical Activities

Unit 8 **Organisation of Sports Events** 

**Unit 13 Health and Fitness Testing** 

**Unit 17 Sports Injuries**  **Diploma** 



LO1 - LO5: Types of Injuries and Rehabilitation

Sports Injuries

LO1 - LO5: How to test and train

Health and Fitness Testing

Post 18 Destinations

January

LO1 - LO5: **Sporting Employment** practices



LO1 - LO4: Team and individual sports and refereeing

Professional H & C

Unit 3 REVISE

**Working Safely in Sport** 

**Sports Organisation & Development** 

LO1 – LO4: NBG's, finances and Olympics

**13** 

**Sport Exercise Psychology** 

LO1 – LO5: Personality, motivation, **Aggression and Attribution theory** 

Extended: 9 hours = 1 A Level Diploma: 18 hours = 2 A levels

KS5 - Sport and Physical Activity - OCR Cambridge Technical



LO1 - LO5: How to organise and run an event

**Organisation of Sports Events** 

Sport Coaching and Activity Leadership

**Performance Analysis** 

Body Systems and the Effects of Physical Activity LO1 - LO5: Muscles, Skeleton, Cardio, energy

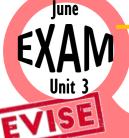
Sport

and the

Media

LO1 – LO7: Coaching and Leadership

and respiratory systems



LO4: The role NGB's play in the development of their sport

LO3: The implications of hosting a major sporting event



LO5: Reviewing your own

performance in planning and leading

LO3: **Negative effects of** the media in sport

LO5: The use of technology in Sport

5 additional lessons a fortnight Course is worth equivalent to 1 **GCSE** 

Examination unit — Contemporary Issues in Sport

LO2: The role of sport in promoting values

LO3: Organising and planning a

LO1: Issues which affect participation in sport

YEAR

LO2: Positive effects of the media in sport

Performance and Leadership in Sport

KS4 - Sports Studies - OCR Cambridge National

The different sources of media that cover sport

LO1: **Key Components** of Performance



sports session

LO4: Leading a sports activity session

CAM NAT

Unit 1 Performance and Leadership in Sport

Unit 2 Sport and the Media

Unit 3 **Contemporary Issues in Sport**  **CAM NAT**