

# CNAT Sport Science - Overview Sheet

**Exam**

**40%**

**Coursework**

**60%**

## **Exam**

**External Exam - Reducing the risk of sports injuries and dealing with common medical conditions**

**Factors which influence the risk/severity of injury**

**Warm up and cool down routines**

**Causes of sports injuries**

**Reducing risk, treatment and rehabilitation of sports injuries**

**Causes, symptoms and treatment of medical conditions.**



**1 hour 15 minutes. 70 Marks total.**

## **Coursework**

**Written coursework - Applying the principles of training: fitness and how it affects skill performance**



**Components of fitness applied in sport**

**Principles of training in sport**

**Organising and planning a fitness training programme**

**Evaluate own performance in planning and delivery of a fitness training programme.**

**Internally assessed. 80 Marks total.**

## **Coursework**

**Choose one unit from the following:**

**The body's response to physical activity**

**Nutrition and sports performance**

**The cardio-respiratory and musculo-skeletal system and how the use of technology supports different sports**  
**Short and long term effects of exercise on the cardio-respiratory and musculo-skeletal systems**

**Nutrients needed for a healthy, balanced nutrition plan**  
**Applying differing dietary requirements to varying sporting activities**  
**Developing a balanced nutrition plan for a selected sporting activity**  
**How nutritional behaviours can be managed to improve sports performance.**



**Internally assessed. 40 marks total.**