



Curriculum Progression Pathway - Key Stage 4

Cambridge National Sports Science

Why is the study of CNAT Sports Science important?

There is strong evidence to suggest that taking part in sport improves both physical and mental health. Cambridge National Sports Science allows students to study Physical Education with a real world context. You will understand what makes a performance effective and how to apply these principles to your own and others' work. You will develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

What skills will the study of CNAT Sports Science teach you?

The qualification will also help you to develop learning and skills that can be used in other life and work situations, such as:

- Completing research
- Working with others
- Planning personal training programmes and sport specific diet plans
- Evaluating and making recommendations to help improve performance
- Analysing fitness test results
- Participating in a variety of sporting activities and analysing the skills that are applied within them
- Leadership skills

What will you know and understand from your study of CNAT Sports Science?

You will develop the knowledge and understanding of how to prevent and treat sporting injuries and how different medical conditions can affect sports performance. You will be able to identify signs and symptoms of injuries and illnesses and select and apply emergency aid that can be provided.

You will understand how to apply the principles of training to fitness and skills development for sports activities as well as lead an athlete through fitness tests and a personalised training programme. You will understand how to complete a wide range of fitness tests and evaluate their reliability and validity. You will also evaluate your own personal fitness and create specific and personal fitness tests to monitor various components of fitness.

Furthermore, you will develop a clear understanding of the characteristics of a balanced diet, the importance of various nutrients on the body and sports performance. You will understand the impact of overeating and undereating and the impact on health, fitness and performance. Additionally you will have a clear understanding of diet planning and the impact that it can have on various athletes and their.

How can you deepen your understanding of Sport?

The Physical Education department offers lots of great opportunities to really engage with this fabulous subject. A variety of enrichment activities are offered to further enhance sporting opportunities at all levels. You will have the opportunity to take part in sport and physical activity after school either for recreation, health and fitness or to represent the school competitively.

The Physical Education department is committed to providing opportunities not only to participate in physical activity but also to provide the opportunity to watch local and national events.

How are you assessed in CNAT Sports Science?

There are 6 assessment points each year that we term Praising Stars©. We assess how students at their current stage of study are on track to reach their end of stage targets which are formulated on aspirational expectation from their KS2 starting points. We make an informed prediction from our holistic assessments based on our subject mapping of expectation across the Physical Education curriculum. Assessments for this qualification are graded at pass, merit, distinction or distinction.*



Key Assessment Objectives

Unit 1: Reducing the risk of sports injuries and dealing with common medical conditions (40% - External Examination)

Unit 2: Applying the principles of training: fitness and how it affects skill performance (40% coursework)

Unit 3: Nutrition and sports performance (20% coursework)

Study of CNAT Sports Science can lead to a wide range of careers:

Physical Education lends itself to a variety of careers based on the skills of confidence, motivation and resilience. Specifically these include: coach, PE teacher, Nutritionist, Physiotherapist, Personal Trainer, Fitness Instructor, Biomechanist, Sports Development Officer, as well as a professional sportsperson.

CNAT Sports Science Course Overview		
Term	Year 1	Year 2
Autumn 1	Fitness Testing and the Components of Fitness	Developing a balanced nutrition plan for a selected sporting activity
Autumn 2	Principles of training in sport	How nutritional behaviours can be managed to improve sports performance
Spring 1	Organising and planning a fitness training programme	Different factors which influence the risk and severity of injury & Warm up/Cool Down routines
Spring 2	Undertaking a fitness programme and measuring improvements in fitness	Different types and causes of sports injuries
Summer 1	Evaluate own performance in planning and delivery of a fitness training programme	Reducing risk, treatment and rehabilitation of sports injuries and medical conditions & Causes, symptoms and treatment of medical conditions
Summer 2	Nutrients needed for a healthy, balanced nutrition plan & Applying differing dietary requirements to varying types of sporting activity	Exam Revision

