

Curriculum Summary Document

Year 10 – Sport Science

Module/Unit of Learning	Taught During	What will students learn?	How does this prepare students for success in Cambridge National Sport Science?	Links to other Subjects
Nutrition and sports performance	Autumn & Spring Term of Year 10	Students gain understanding of healthy, balanced nutrition and the role of key nutrients in supporting performance across sporting activities. They explore differing dietary requirements, analyse nutritional behaviours and apply their knowledge to create an effective nutrition plan for a chosen performer.	<p>This unit develops applied vocational skills by enabling students to analyse nutritional needs and design tailored nutrition plans.</p> <p>They learn to justify decisions using scientific principles, supporting high-quality set-assignment work and developing strong evidence for assessment criteria.</p>	Oracy: developing precise spoken explanation
Applying the principles of training	Summer Term of Year 10	Students conduct a range of fitness tests, understanding what each test measures and its advantages and disadvantages. They learn to design, plan and evaluate fitness training programmes, interpret fitness data and provide informed feedback linked to physical performance needs.	Students develop practical competence in fitness testing, data interpretation and programme design. They build the applied skills needed to meet CNAT assessment criteria, including reviewing performance, adapting training and providing evidence-based feedback.	<p>Science: body systems, diet and health</p> <p>Maths: data interpretation and measurement</p> <p>Food Technology: nutrition and energy balance</p>
Reducing the risk of sports injuries	Year 11 (reference only)	Students prepare to minimise risk when participating in physical activity. They learn how to respond to common injuries and recognise symptoms of medical conditions. Topics include causes of injury, warm up/cool down routines, treatment and rehabilitation methods.	This unit builds students' understanding of safe participation and injury management, preparing them for vocational scenarios. Students learn to apply theoretical knowledge to real situations, strengthening coursework evidence and practical decision-making.	