



UNIVERSITY COLLEGIATE SCHOOL



A MEMBER OF QUEST

Sports Science

Employability

Throughout the course we will be ensuring you 'get ahead' by developing transferable skills such as communication, team working, management and leadership, planning and organisation, empathy, time management, taking initiative, adaptability and, problem solving



Intervention

Students are able to access the online platform for constant feedback and invited to face to face improvements



Employer Engagement

Work with fitness centres and nutritionists; links to UoB and physiotherapists to develop injuries content

Jan external assessment R181/183 moderation

Unit 4 Diet Review

Jan

R180, 181, 183 review

May final assessment deadline

Summer: Enrolment on to T level, A-level or apprenticeship.

Unit 3 Case Study Plan



R180 Nutrition (30%)



Coursework of Task 1 2 3 4

Unit 2 Athletic Diet



Unit 1 Nutrients

R183 Nutrition

Re submission Task 1 2 4 5

Task 3 set case study

Year 11

Yr 10 Mocks R180

Unit 4 Types of Injury

Get Ahead by exploring your future by attending 6th form/college open days and your apprenticeship options.

R180 Risk Assessment (30%)

Exam questions on unit 1 2 3 4

March internal assessment R181 moderation

R180 Risk Assessment

Unit 1 Injury Risks

Unit 2 Injury Prevention

May

Unit 3 Injury Treatment

Mar

R181 Fitness Training (40%)

Coursework of Task 1 2 4 & 5

May internal assessment R180 moderation

Task 5 Fitness Review

Task 4 Training Programme

Dec

Task 2 Fitness components

Task 1 Fitness tests

R181 Fitness

Year 10

December internal assessment R181 moderation

