

HLS CNSS PE

<i>Component</i>	<i>% of grade</i>	<i>Type of assessment</i>	<i>Key information</i>
R181- Applying the principles of training: fitness and how it affects skill performance	40%	Controlled assessment	<p>80 marks- the set assignment contains 5 tasks</p> <p>Topic Area 1: Components of fitness applied in sport</p> <ul style="list-style-type: none"> • Relevance of components of fitness to different sports • 1.2 Assess components of fitness • 1.3 Application of components of fitness to skill performance <p>Topic Area 2: Principles of training in sport</p> <ul style="list-style-type: none"> • 2.1 Principles of training and goal setting in a sporting context • 2.2 Methods of training and their benefits <p>Topic Area 3: Organising and planning a fitness training programme</p> <ul style="list-style-type: none"> • 3.1 Factors when designing a fitness training programme • 3.2 Planning a fitness-based training programme • 3.3 Recording results from fitness training programme <p>Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme</p> <ul style="list-style-type: none"> • 4.1 Effectiveness of a fitness training programme
R183- Nutrition and sports performance (completed June 2025)	20%	Controlled assessment	<p>40 marks- The set assignment contains 4 tasks</p> <p>Topic Area 1: Nutrients needed for a healthy, balanced nutrition plan</p> <ul style="list-style-type: none"> • 1.1 Characteristics of a balanced nutrition plan • 1.2 The role of nutrients in sports and their sources <p>Topic Area 2: Applying differing dietary requirements to varying types of sporting activity</p> <ul style="list-style-type: none"> • 2.1 The dietary requirements of endurance/aerobic activities • 2.2 The dietary requirements of short intense/anaerobic activities • 2.3 The dietary requirements of strength-based activities <p>Topic Area 3: Developing a balanced nutrition plan for a selected sporting activity</p> <ul style="list-style-type: none"> • 3.1 How to design and develop a balanced nutrition plan • 3.2 Key factors when considering the success/impact of a nutrition plan <p>Topic Area 4: How nutritional behaviours can be managed to improve sports performance</p> <ul style="list-style-type: none"> • 4.1 The effect of overeating on sports performance • 4.2 The effects of undereating on sports performance • 4.3 The effect of dehydration on sports performance

R180- Reducing the risk of sports injuries and dealing with common medical conditions	40%	Exam- 1 hour 15 minutes Monday 18 th May (pm)	<p>70 marks</p> <p>Topic Area 1: Different factors which influence the risk and severity of injury</p> <ul style="list-style-type: none"> • Extrinsic factors • 1.2 Intrinsic factors <p>Topic Area 2: Warm up and cool down routines</p> <ul style="list-style-type: none"> • 2.1 Key components of a warm up • 2.2 Physiological and psychological benefits of a warm up • 2.3 Key components of a cool down • 2.4 Physiological benefits of a cool down <p>Topic Area 3: Different types and causes of sports injuries</p> <ul style="list-style-type: none"> • 3.1 Acute injuries • 3.2 Chronic injuries <p>Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions</p> <ul style="list-style-type: none"> • 4.1 Measures that can be taken before and during participation in sport or physical activity to reduce risk and severity of injury/ medical conditions • 4.2 Responses and treatment to injuries and medical conditions in a sporting context <p>Topic Area 5: Causes, symptoms and treatment of medical conditions</p> <ul style="list-style-type: none"> • 5.1 Asthma • 5.2 Diabetes • 5.3 Epilepsy • 5.4 Sudden Cardiac Arrest (SCA) • 5.5 Other medical conditions
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<p>R180- How do I revise?</p> <ul style="list-style-type: none"> - Use your revision booklets. - Create quizzes for yourself. - Practice exam questions - Use your RAG tests and EOT tests. Re-attempt some questions. - Create your own exam questions similar to those you have already practiced – can you create a mark scheme? - Come up with practical examples for every topic. Can you apply the knowledge to a specific situation in a specific sport? - Alternate which component you are revising! 	<p>How do I know what to revise?</p> <ul style="list-style-type: none"> - Your folders have all of the information in them for each topic. - Go through your 6 quick questions booklet. This is similar to section A of the papers. What knowledge are you struggling to retrieve? - Look at your FOT from end of topics and mocks. Is there a certain type of questions you need to practice more? For example, do you need to practice evaluate, graph or synoptic questions?
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