



VISION: *To encourage maximum participation through an inclusive curriculum, inspiring students to fulfil a lifelong, healthy active lifestyle.*

	Foci	Assessment	Knowledge Organiser
Unit 1	<p><u>Body systems and the effects of physical activity</u></p> <p>Whether you are aiming to become a coach, nutritionist, personal trainer or leisure centre manager, knowledge of the human body, its systems and how they function will help you to ensure that your clients gain the benefits of an active, healthy lifestyle. By understanding the effects that physical activity, training and lifestyle can have on the body systems you can ensure that sports and activities are properly focused and do not risk a client's health or wellbeing and will help you to persuade others to pursue and maintain a balanced, active, healthy lifestyle.</p> <p>In this unit you will gain an understanding of the structures and functions of the key body systems, how these support and impact performance in sport and physical activity and the effects that physical activity, training and lifestyle can have on them.</p>	<p>This unit is externally assessed by an OCR set and marked examination.</p>	<p>Unit 1 Knowledge Organiser</p>



Unit 2

Sports coaching and activity leadership

At some point throughout their lives everyone will have experienced being coached or taught about sport and physical activity. The importance of a high quality coach or leader cannot be underestimated. The increasing demand for both young and old to learn and develop physical skills and sporting skills presents new and exciting opportunities for coaches, leaders and NGB's and, through coaching and leading, you can learn a set of skills such as communication and adaptability which will prove valuable in other aspects of your life, such as work and study.

This unit will give you an understanding behind the theory of what makes good sports coaches and activity leaders and methods that can be employed to improve the performance of participants. You will explore the roles and responsibilities of coaches and leaders and how these differ from each other and others involved in delivering and teaching sport and physical activity. The main part of the unit is related to you developing the skills and understanding necessary to effectively plan and deliver a series of sports or activity sessions reflecting on your own practice and using this feedback to improve your performance as a sports coach or activity leader.

Controlled assessment

Internally assessed and moderated by OCR exam board



Unit 3	<p><u>Sports organisation and development</u></p> <p>The organisation of sport in the UK can be quite complex with multiple agencies and organisations, both inside of and outside of the UK, working together at different levels on different agendas. One of the key areas which most, if not all, of the organisations involved in sport in the UK are concerned with is sports development and the increase of participation in sport and physical activity, both to improve the health of the nation but also to aid the development of elite athletes who can compete and achieve on an international level.</p> <p>In this unit you will gain an understanding of the organisations involved in sport in the UK, their roles and responsibilities and how they work together. You will also gain an understanding of sports development, including the organisations involved, who sports development is targeted at and why, how sports development is carried out and how the success of sports development initiatives can be measured.</p>	This unit is externally assessed by an OCR set and marked examination.	Unit 3 Knowledge Organiser
Unit 8	<p><u>Organisation of sports events</u></p> <p>Sports events vary in size, impact and purpose but all involve sharing a passion and love for different sporting activities. From local leagues and competitions to mega events such as the Olympics, sport has the power to bring people together for a common aim or purpose. Events such as the London Marathon and Sport Relief demonstrate individuals' drive and purpose in raising money for charity through sport. Also, local voluntary sports clubs organise and run events to increase participation and numbers and to help raise funds for their grass roots teams.</p> <p>This unit is designed for you to develop skills in planning, promoting and delivering a sports event; with a focus primarily on your individual role as well as working as part of a team and reflecting on your input and future personal development. This unit will enable you to establish transferrable skills which can be used within sport and active leisure as well as within the fitness industry. It will also enhance skills such as team work, organisation and safeguarding awareness.</p>	This unit is internally assessed and externally moderated by OCR.	



Unit 10

Biomechanics and movement analysis

In order to set themselves apart from others and have a real impact on the performance of their athletes or clients, coaches and personal trainers need to have an in-depth understanding of how the body moves and how to get the most strength, power and speed from it. By being able to analyse an athlete's or client's movement and understanding how and why forces affect sporting performance, a coach or personal trainer can get their athletes or clients to make the adjustments to their style or technique, which could mean the difference between winning and losing or reaching a personal best.

In this unit you will learn the axes and planes of movement, types of movement and levers that the body uses. You will also gain an understanding of Newton's Laws of Motion, forces and stability and how the application of these can affect a performer in a sporting environment. You will also learn how to analyse movement in order to improve the performance of an athlete or performer.

This unit is internally assessed and externally moderated by OCR.



Unit 17

Sports injuries and rehabilitation

If considering a future as a sports coach or leader, a fitness instructor or a leisure recreation assistant, you will need to know the different causes, types, signs and symptoms of sports injuries. You will also need to know the possible long-term effects of these injuries on the injured participant, both physical and psychological. This will allow you to support the injured participant appropriately, whether as part of the immediate response or a long-term rehabilitation programme, to avoid causing them further harm and speed up their safe return to participation. However, prevention is better than cure and so an understanding of risk factors and how to minimise risks will help maintain a safe environment, helping participants to stay injury free in the first place.

This unit will teach you how to recognise and treat common sports injuries both immediately and through long-term rehabilitation programmes, the possible psychological impacts of sports injuries and how to minimise the risk of sports injuries occurring in the first instance.

This unit is internally assessed and externally moderated by OCR.