



# Sports Science



OPTION - SPORTS SCIENCE	Content
Year 11 HT 1	Students complete their coursework unit R043 on the effects of exercise upon the body. Students will look at the short and long term effects exercise has upon the body and also look at the benefits exercise has upon our body's health.
Year 11 HT 2	Students complete their coursework unit R043 on the effects of exercise upon the body. Students will look at the short and long term effects exercise has upon the body and also look at the benefits exercise has upon our body's health.
Year 11 HT 3	Students will begin to complete their next coursework unit on Diet and Nutrition R045. Students will look at: - what nutrients are needed for a balanced diet - The importance of nutrients in sport - The effect of a poor diet on sports performance and participation They will also begin to develop diet plans for a sports performer
Year 11 HT 4	Students will begin to complete their next coursework unit on Diet and Nutrition R045. Students will look at: - what nutrients are needed for a balanced diet - The importance of nutrients in sport - The effect of a poor diet on sports performance and participation They will also begin to develop diet plans for a sports performer
Year 11 HT 5	Students will complete all coursework and finalise in preparation for submission of units R043 and R045 work.