

Term	Topic(s)	Assessed work	Additional details
<p>1 a 7 weeks _lessons</p>	<p>Unit R045 – Sports Nutrition LO1</p> <ul style="list-style-type: none"> <li>• Characteristics of a balanced diet</li> <li>• What are nutrients?</li> <li>• The role of nutrients</li> <li>• Food sources of nutrients</li> </ul> <p>R041 – Responding to Injuries – LO2</p> <ul style="list-style-type: none"> <li>• The physical benefits of a warm up</li> <li>• The psychological benefits of a warm up</li> <li>• Key components of a warm up</li> <li>• Physical benefits of a cool down</li> <li>• Key components of a cool down</li> <li>• Specific needs which a warm up/cool down must consider</li> </ul> <p>R041 – Responding to Injuries – LO3</p> <ul style="list-style-type: none"> <li>• Acute and chronic injuries</li> <li>• Types of injuries</li> <li>• How to respond to injuries</li> <li>• EAP’s (emergency action plans)</li> </ul> <p>R041 – Responding to Injuries – LO4</p> <ul style="list-style-type: none"> <li>• The symptoms of medical conditions (asthma, epilepsy, diabetes)</li> <li>• How to respond to these medical conditions</li> </ul>	<p>Continuous completion of assignment work when units have been completed. Assess unit work and provide targeted feedback.</p>	
<p>1b 7 weeks _lessons</p>	<p>Unit R045 – Sports Nutrition LO2</p> <ul style="list-style-type: none"> <li>• Importance of nutrition before, during and after exercise</li> <li>• Reasons for varying diet based on activities</li> <li>• The use of dietary supplements</li> </ul> <p>Unit R045 – Sports Nutrition LO3</p> <ul style="list-style-type: none"> <li>• Malnutrition</li> <li>• Effects of over eating on sports performance and participation</li> <li>• Effects of under eating on sports performance and participation</li> <li>• Effects of Dehydration on Sports performance on participation</li> </ul> <p>Unit R045 – Sports Nutrition LO4</p>	<p>R041 – November Entry Exam</p> <p>Continuous completion of assignment work when units have been completed. Assess unit work and provide targeted feedback.</p>	

	<ul style="list-style-type: none"> <li>• Design a diet plan</li> <li>• Evaluate the effectiveness of a diet plan</li> </ul> <p>Unit R045 – Sports Nutrition</p> <ul style="list-style-type: none"> <li>• Write up and completion of any not completed unit work.</li> </ul>		
2a 7 weeks _lessons	<p>Unit R046 – Sports Technology LO1</p> <ul style="list-style-type: none"> <li>• How technology is used to enhance performance</li> <li>• How technology is used to enhance game play</li> <li>• How technology is used to enhance spectatorship</li> </ul> <p>Unit R046 – Sports Technology LO2</p> <ul style="list-style-type: none"> <li>• The positive effects of sports technology in...</li> <li>• performance</li> <li>• Game play</li> <li>• Spectatorship</li> <li>• Other positive effects</li> </ul>	Continuous completion of assignment work when units have been completed. Assess unit work and provide targeted feedback.	
2b 5 weeks _lessons	<p>Unit R046 – Sports Technology LO3</p> <ul style="list-style-type: none"> <li>• The negative effects of sports technology on...</li> <li>• Performance</li> <li>• Game play</li> <li>• Spectatorship</li> <li>• Other negative effects</li> </ul> <p>Unit R046 – Sports Technology LO4</p> <ul style="list-style-type: none"> <li>• Evaluate the impact of the use of sports technology</li> <li>• Factors affecting the use of technology in sport</li> <li>• The impact technology has had</li> </ul>	Continuous completion of assignment work when units have been completed. Assess unit work and provide targeted feedback.	
3a 5 weeks _lessons	<p>Unit R046 – Sports Technology</p> <ul style="list-style-type: none"> <li>• Write up and completion of any not completed unit work.</li> </ul>	Continuous completion of assignment work when units have been completed. Assess unit work and provide targeted feedback.	