

Holy Trinity Progression Map of Key Concepts for Sport Science

Below is the assessment and grading systems for OCR Cambridge Nationals Sport Science

Unit R180: Reducing the risk of sports injuries and dealing with common medical conditions
1 hour 15 minute written examination
70 marks (80 UMS)
OCR-set and marked

Unit R181: Applying the principles of training: fitness and how it affects skill performance

OCR-set assignment

80 marks (80 UMS)

Centre-assessed and OCR moderated

Unit R183: Nutrition and sports performance
OCR-set assignment
40 marks (40 UMS)
Centre-assessed and OCR moderated
Total marks 190 (200 UMS)

R181 – Applying the principles of training: fitness and how it affects skill performance

Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme.

R181 – Applying the principles of training: fitness and how it affects skill performance

Topic Area 3: Organising and planning a fitness training programme.

R181 – Applying the principles of training: fitness and how it affects skill performance

Topic Area 1: Components of fitness applied in sport

R181 – Applying the principles of training: fitness and how it affects skill performance

Topic Area 2: Principles of training in sport



R180 - Reducing the risk of sports injuries and dealing with common medical conditions

Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions.

Topic Area 5: Causes, symptoms and treatment of medical conditions

R180 - Reducing the risk of sports injuries and dealing with common medical conditions

Topic Area 3: Different types and causes of sports injuries

R183 - Nutrition and sports performance Topic Area 4: How nutritional behaviours can be managed to improve sports performance R180 - Reducing the risk of sports injuries and dealing with common medical conditions

Topic Area 1: Different factors which influence the risk and severity of injury Topic Area 2: Warm up and cool down routines

R183 - Nutrition and sports performance

Topic Area 3: Developing a balanced nutrition plan for a selected sporting activity

R183 - Nutrition and sports performance

Topic Area 1: Nutrients needed for a healthy, balanced nutrition plan Topic Area 2: Applying differing dietary requirements to varying types of sporting activity

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