



THE PRESCOT SCHOOL

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Sports Science Curriculum Journey

	TERM 1 & 2	TERM 3 & 4	TERM 5 & 6
YEAR 10	Principles of Training Fitness and Principles of Training	Principles of Training unit Fitness Tests and Methods of Training	Principles of Training, Building a Training Programme. Nutrition, Diet and the Role of Nutrients
YEAR 11	Nutrition in Sport, Nutrition Plan for a Specific Athlete	Sports Injuries, Intrinsic and Extrinsic Factors to Injury, Warm Up and Cool Down Techniques	Common Injuries and Treatments, Prevention Strategies