



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
10	<p>Topics: R180 Different factors which influence the risk and severity of injury</p> <p>R181 Components of fitness applied in sport</p>	<p>R180 Warm up and cool down routines</p> <p>R181 Principles of training in sport</p>	<p>Topics: R180 Different types and causes of sporting injuries</p> <p>R181 Organising and planning a fitness training programme</p>	<p>R180 Reducing risk, treatment and rehabilitation of sports injuries and medical conditions</p> <p>R181 Evaluate own performance in planning and delivery of a fitness training programme</p> <p>R181 NEA (working on-SUBMIT)</p>	<p>Topics: R180 Causes, symptoms and treatment of medical conditions</p> <p>R181 NEA (SAMPLED & Uploaded for external moderation)</p>	<p>R180 Revision of TA1-5 Internal examination</p> <p>R181 (submit for moderation)</p> <p>R183 Nutrients needed for a healthy balanced nutrition plan -Intro & summer project</p>
11	<p>Topics: R180 Revision of TA1, 2 and 3</p> <p>R183 Applying differing dietary requirements to varying types of sporting activity</p>	<p>R180 Revision of TA4 and 5 R180 Mock Exam internal</p> <p>R183 Developing a balanced diet nutrition plan for a selected sporting activity</p>	<p>Topics: R180 – External Practice Exam</p> <p>R183 How nutritional behaviours can be managed to improve sports performance</p>	<p>R180 Revision of TA1-5</p> <p>R183 NEA (working on)</p>	<p>R180 Revision of TA1-5</p>	<p>R180 Examination (final Terminal Paper)</p> <p>R183 NEA (submit for moderation)</p>