

Review of Topic Area 1 Review of Topic Area 3 Review of Topic Area 5

Revision of topics

R180 exam

OCR Cambridge Nationals Sport Science R180 exam learning journey

Review of Topic Area 2 Review of Topic Area 4

Symptoms of dehydration Treatment for heat exhaustion Causes of heat exhaustion Symptoms of hypothermia Treatment of SCA Symptoms of SCA

TA5: Causes, symptoms and treatments of medical conditions

Causes of sudden cardiac arrest (SCA)

Treatment for dehydration Causes of dehydration Symptoms of heat exhaustion Treatment for hypothermia Causes of hypothermia Treatment of epilepsy

Causes/triggers of asthma Treatment of asthma Symptoms of Type 1 and Type 2 diabetes Treatment of Type 1 and Type 2 diabetes

TA5: Causes, symptoms and treatments of medical conditions

Symptoms of seizures affecting different parts of the body

Symptoms of asthma Causes of Type 1 and Type 2 diabetes Causes of Type 1 and Type 2 diabetes Monitoring and treatment of different blood sugar levels Causes/triggers of epilepsy

Different psychological effects of dealing with injuries and medical conditions including treatment and long term rehabilitation

PRICE therapy (Protection, Rest, Ice, Compress, Elevate)

Recovery position

DRABC (Danger, Response, Airway, Breathing, Circulation)

TA4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions

Overview of treatments/therapies

Use of X-rays to detect injury

SALTAPS on field assessment (See, Ask, Look, Touch, Active, Passive, Strength)

Measures that can be taken before and during participation in sport or physical activity to reduce risk and severity of injury/medical conditions

Measure to be taken: Strategies to help reduce the risk of sports injuries and medical conditions

TA4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions

Chronic injuries: Stress Fractures

Measure to be taken: Safety checks

Measure to be taken: Emergency Action Plan (EAP)

Responses and treatment to injuries and medical conditions in a sporting context

Chronic injuries: Tendonitis

Acute injuries: Head injuries

Acute injuries: Fractures

Acute injuries: Sprains

Acute injuries: Soft tissue and hard tissue injuries

Overview of acute injuries

TA3: Different Types and causes of injuries

Chronic injuries: Epicondylitis

Overview of chronic injuries

Chronic injuries: Shin splints

Acute injuries: Dislocations

Acute injuries: Skin damage

Acute injuries: Strains

Physiological benefits of a warm up

Physiological benefits of a cool down

TA2: Warm up and cool down routines

Key components of a warm up

Psychological benefits of a warm up

Key components of a cool down

Intrinsic Factors: Reasons for aggression

Intrinsic Factors: Individual variables

Extrinsic Factors: Equipment

Extrinsic Factors: Coaching/Instructing/Leading

TA1: Different factors which influence the risk and severity of injury

Intrinsic Factors: Mental strategies

Intrinsic Factors: Psychological factors

Extrinsic Factors: Environment

Extrinsic Factors: Types of sports activity

