Guiseley School Revision Support

Subject: Cambridge Nationals Sports Science

Topic	Notes	🙂	😐	🙁
Topic Area 1: Types of sporting activity				
Extrinsic: Coaching/Instructing/Leading				
Environment				
Equipment				
Intrinsic: Individual variables				
Psychological factors				
Reasons for aggression				
Mental strategies				
Topic Area 2: Key components of a warmup				
Physiological benefits of a warmup				
Psychological benefits warmup				
Key components of a cool down				
Physiological benefits of a cool down				
Topic Area 3: Acute injuries				
Soft tissue, sprain, strain, skin damage, fracture, dislocation, head injury + Examples				
Chronic injuries				
Tendonitis, Epicondylitis, shin splints, stress fracture + Examples				
Topic area 4: Safety checks				
Medicals, screening, National governing body policies				
Emergency Action Plans				
SALTAPS (See, ask, look, touch, active, passive, strength)				
DR ABC (Danger, response, airways, breathing, circulation)				

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Recovery Position				
PRICE Therapy				
X-rays to detect injury				
Treatments/therapies = Massage, Ultrasound, Electrotherapy, Hydrotherapy, Cryotherapy, Contrast therapy, Painkillers, Support, Immobilisation				
Topic Area 5: Asthma				
Causes and triggers of Asthma				
Common symptoms of Asthma				
Treatment of Asthma				
Diabetes – Type 1 & Type 2				
Causes of Type 1 & Type 2 Diabetes				
Symptoms of Type 1 & Type 2 Diabetes				
Treatment of Type 1 & Type 2 Diabetes				
Monitoring and treatment of blood sugar levels				
Epilepsy				
Causes and triggers of Epilepsy				
Symptoms of Epilepsy & Treatment of Epilepsy				
Sudden Cardiac Arrest (SCA)				
Causes of SCA				
Symptoms and treatment of SCA				
Hypothermia – Symptoms and treatment				
Heat exhaustion – Symptoms and treatment				
Dehydration – Symptoms and treatment				

Resources to support revision:

Knowledge Organisers

TheEverleaner

Cambridge National Level 1 / 2 Sports Science J828 Specification revision guide