

3/9/18	R181 Exam Unit	R181 Reducing the risk of sports injuries
	Topic area 1 Understand the different factors which influence the risk and severity of injuries	
13/01/25	Extrinsic factors	Type of activity, coaching supervision
		Environmental factors
20/01/25		Performance/protective equipment
27/01/25	Intrinsic factors	Individual variables, Psychological factors
3/01/25	Mock exams	
10/02/25	Mock exams	
24/02/25		Aggression Mental strategies
3/03/25	Topic area 2 Warm up and cool down routines	Components of a warm up
		Physiological benefits of a warm up
		Psychological benefits of a warm up
10/03/25		Components of a cool down
		Physiological benefits of a cool down
17/03/25		Types of Chronic injuries causes and treatments
		Types of Chronic injuries causes and treatments
		Types of acute injuries causes and treatments
24/03/25		Types of acute injuries causes and treatments
	Topic Area 4 – Reducing the risk, treatment and rehabilitation of sports injuries and medical conditions	Safety checks Strategies to reduce risk Emergency action plan
February ½ term		
31/03/25		Responses and treatments SALTAPS
		DRABC PRICE X-Rays
		Treatments and therapies
7/04/25		Psychological effects of injuries and conditions Rehab
14/04/25		Cardiac arrest Hypothermia Heat Exhaustion

OCR Level 2 Year 10 2018-2020

		Dehydration
21/04/25		Revision
28/04/25		Revision
05/05/25		Revision
12/05/25		Revision
19/05/25		Revision
20th May		OCR Sport Science Exam (pm)