

# Literacy through Introduction to Sports Science

## Health & Wellbeing

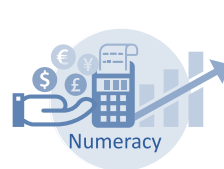
### Taking your game to the next level!

Sports Science is the application of scientific principles to explain sporting situations and provide a basis for improving the performance of teams and individuals. The WAO focuses on 2 key disciplines: bio-mechanics & physiology.

Emphasis will be placed on key systems in the body - skeletal, muscular, cardiovascular and respiratory as well as covering sports nutrition and fitness training.



### Skills Focus



### Recognition of Achievement

L5 NPA Team & Individual (Coaching Development)

### Learning Intentions & Success Criteria

#### Learning Intentions

I will:

- develop my understanding of bio-mechanical principles.
- broaden my knowledge in relation to physical activity and methods of training.
- increase my understanding of nutrition.

#### Success Criteria

I can:

- demonstrate a basic understanding of sports bio-mechanics.
- apply myself within a variety of practical environments.
- differentiate between food groups and the impact they have on the body.

### Senior Phase Progression

L6 NPA Exercise & Fitness Leadership