

CNAT SPORT SCIENCE 2024 – R180

Date: 20th May Time: PM Marks: 70 Length: 75 min Marks per min: 0.93

REVISION

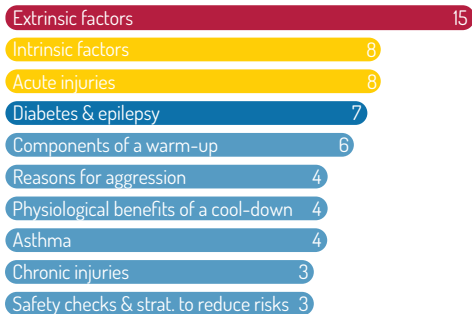
Watch our live revision sessions on
youtube.com/TheEverLearner



Tue 7th May 15:00-16:30

IMPORTANT: Analysis of the SAMs 2022 only.

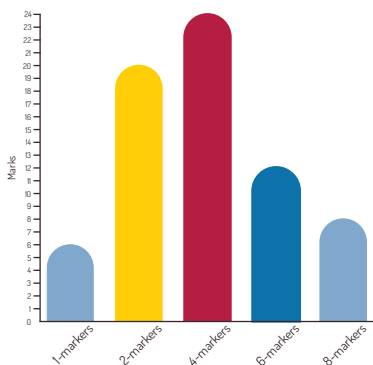
Most examined topics



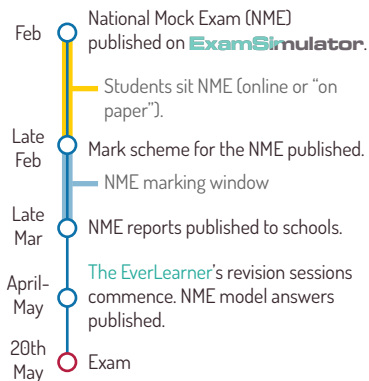
Skills



Mark allocation



Timeline 2024



Revision tips

- Use the tutorials, quizzing and testing on **The EverLearner**.
- Sit the National Mock Exam with your teacher and review with mark scheme and model answers.
- Attend **The EverLearner's** Live Revision on **YouTube**
- ES** Do plenty of exam practice on **ExamSimulator**
- Take great notes and learn them!



The EverLearner

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Content preparation

- | | | |
|---|--|---|
| <input type="checkbox"/> I have completed the National Mock Exam paper and have received my diagnostic. | <input type="checkbox"/> Extrinsic factors | <input type="checkbox"/> Reasons for aggression |
| <input type="checkbox"/> I have OVER-LEARNED all of the most examined topics. | <input type="checkbox"/> Intrinsic factors | <input type="checkbox"/> Phys. benefits cool-down |
| <input type="checkbox"/> I have learnt all other specification content in preparation for lower-tariff questions. | <input type="checkbox"/> Acute injuries | <input type="checkbox"/> Asthma |
| | <input type="checkbox"/> Diabetes & epilepsy | <input type="checkbox"/> Chronic injuries |
| | <input type="checkbox"/> Components of a warm-up | <input type="checkbox"/> Reducing risks |

Skills preparation

- I am fully aware of the most common command words in the CNAT Sport Science R180 exam.
- I have OVER-PRACTISED 'Identify', 'Describe' and 'Explain' through the National Mock Exam, ExamSimulator and past-paper questions.

'Identify'
skill language

'Describe'
skill language

'Explain'
skill language

| | | |
|-------|-------|-------|
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| | | |

- I am fully aware that 4-mark questions accumulate the most marks in the CNAT Sport Science R180 exam.
- I have OVER-PRACTISED 4-mark questions for the CNAT Sport Science R180 exam from both ExamSimulator and the exam board.
- I know the required format of the extended-writing piece(s) for the CNAT Sport Science R180 exam.
- I have practised all National Mock Exam, ExamSimulator and past-paper examples of extended-writing.



Practical examples (A02)

Being able to make A02 applications to movement and performance examples is a critical feature of success in this paper. 19 marks come from A02 on average and you need to be able to make good quality examples to achieve these marks. We recommend the EIO method. This means that you:

1. Give your **Example**.
2. State the **Impact** of the concept.
3. State the **Outcome** that it produces.

What not to do...

A rugby player would use a warm-up to increase temperature.

What to do...

A rugby player would use a warm-up to increase muscle temperature, which allows for a greater pliability of muscle tissue and the player being able to pass across their body for the full range of motion.

Hypothermia may occur if a mountain walker falls into cold water.

Write your example here.

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