

**Hillside High School**

**Cambridge National Sports Science**

**OCR**

**Content booklet**

**Name:**

**Exam Component**

**R180 – Reducing the Risk of Sports Injuries and Dealing with Common Medical Conditions**

**Topic Area 1: Different factors which influence the risk and severity of injury**

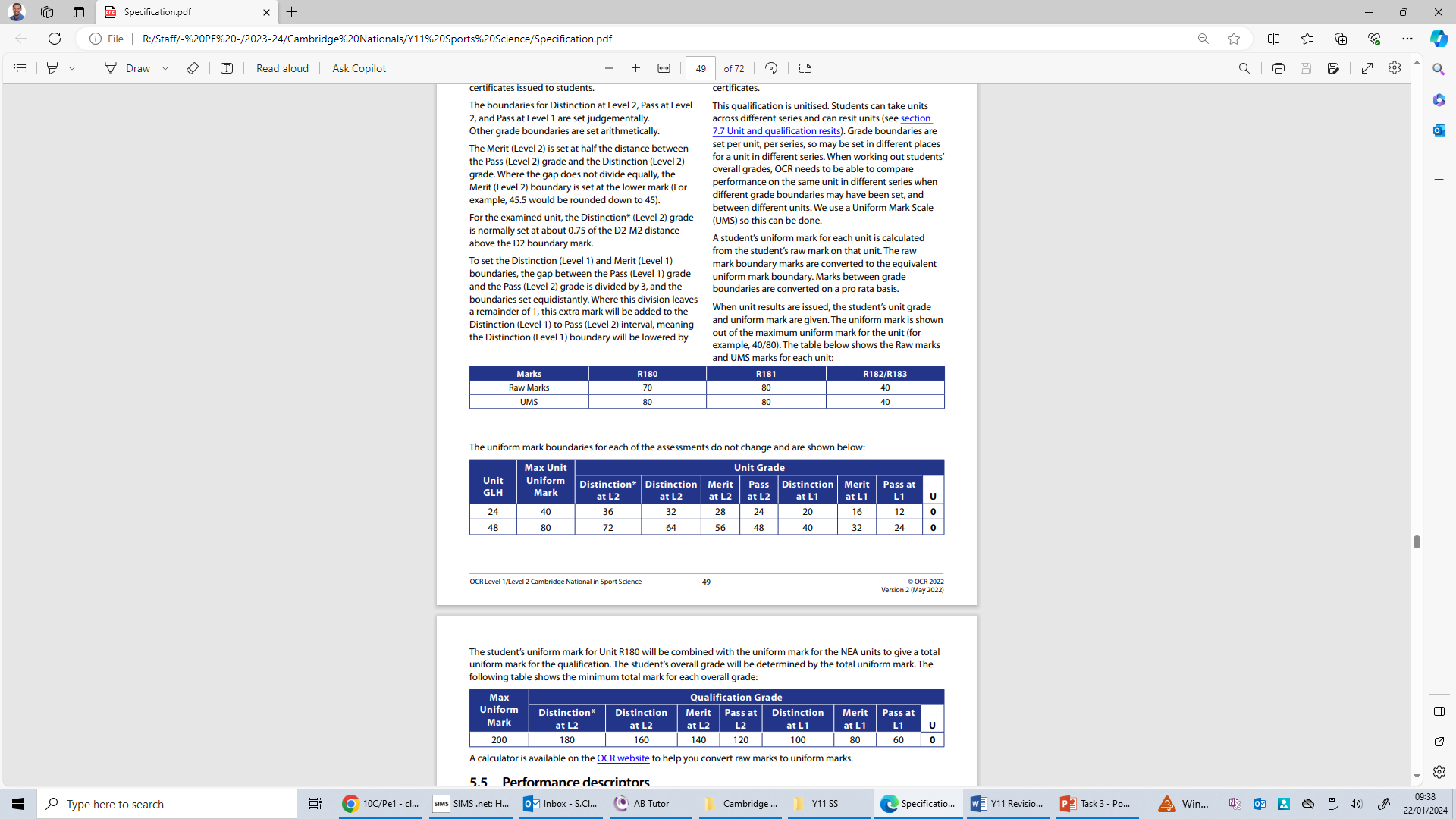
**Topic Area 2: Warm up and cool down routines**

**Topic Area 3: Different types and causes of sports injuries**

**Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions**

**Topic Area 5: Causes, symptoms and treatment of medical conditions**



 **Grade boundaries for Exam (UMS)**

  **Overall grade boundaries**

**(from the 3 units combined)**

