

UNIT BREAKDOWN

CNATs Sport Studies: R185



Topic Area 1: Key Components of Performance

- 1.1 Performance in Two Selected Activities
- 1.2 Participating in Your Activities
- 1.3 Decision-Making During Performance
- 1.4 Managing & Maintaining Performance in Individual Activities
- 1.5 Your Role & Contribution to Team Activities

Topic Area 2: Applying Practice Methods to Support Improvement in a Sporting Activity

- 2.1 Strengths & Weaknesses of Sports Performance
- 2.2 Methods to Improve Performance
- 2.3 Measuring Improvement in Performance

Topic Area 3: Organising & Planning a Sports Activity Session

- 3.1 Organisation of a Sports Activity Session
- 3.2 Safety Considerations When Planning a Sports Activity Session
- 3.3 Objectives to Meet the Needs of the Group

Topic Area 4: Leading a Sports Activity Session

- 4.1 Organisation of a Sports Activity Session
- 4.2 Leading a Sports Activity Session

Topic Area 5: Reviewing Your Own Performance in Planning & Leading a Sports Activity Session

- 5.1 Review Your Leadership of a Sports Activity Session