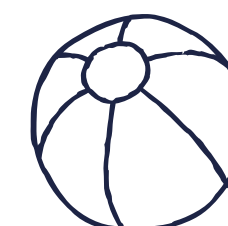




PHYSICAL EDUCATION



1. APPLIED ANATOMY AND PHYSIOLOGY
Structure and functions of:

- the musculoskeletal system
- the cardio-respiratory system
- Anaerobic and aerobic exercise
- Short and long term effects of exercise

2. MOVEMENT ANALYSIS

- Lever systems
- Mechanical advantage
- Planes and axes of movement

3. PHYSICAL TRAINING

- Health vs fitness and the role that exercise plays in both
- Components of fitness and benefits for sport
- Fitness testing
- Principles of training
- Application of principles of training
- Types of training
- Optimising training and preventing injury
- Effective use of warm up and cool down



8. USE OF DATA

- Collecting qualitative and quantitative data
- Presentation of data
- Analysis and evaluation of data

7. HEALTH, FITNESS AND WELLBEING

- Physical, emotional and social factors
- Consequences of a sedentary lifestyle
- Energy use, diet, nutrition and hydration

6. SOCIO-CULTURAL INFLUENCES

- Engagement patterns of different social groups in physical activity and sport
- Commercialisation of physical activity and sport
- Ethical and socio-cultural issues in physical activity and sport

5. SPORTS PSYCHOLOGY

- Classification of skills
- SMART targets to improve performance
- Basic information processing
- Guidance and feedback on performance
- Mental preparation for performance

4. NON-EXAM ASSESSMENT (NEA)

- Performance assessments
- Practical
- Analysis and evaluation



1. ANATOMY AND PHYSIOLOGY

- Body systems
- Training principles
- Diet and nutrition

2. SKILL ACQUISITION

- Classification of skills
- Principles and theories of learning movement skills
- Stages of learning
- Memory models

3. SOCIO-CULTURAL FACTORS

- Sport and society
- Emergence and evolution of modern sport

4. EXERCISE PHYSIOLOGY

- Energy systems
- Exercise at altitude and in heat
- Biomechanics

5. SPORT PSYCHOLOGY

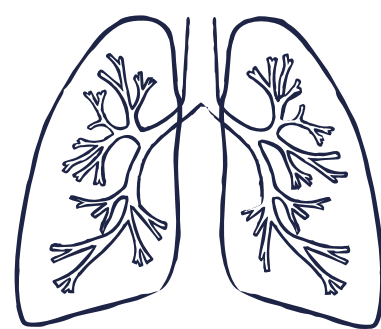
- Individual and team differences
- Goal setting in sport performance
- Confidence and anxiety
- Leadership in sport

6. CONTEMPORARY ISSUES

- Ethics and deviance in sport
- Commercialisation and media



TEAM



NON-EXAM ASSESSMENT (NEA)

- Component 5: Practical Performance
- Component 6: Evaluation and Analysis of Performance for Improvement