

3.2.3 Health, fitness and well-being: Health and fitness

H1 - Health and well-being			
H2 - Sedentary lifestyle and obesity			
H3 - Somatotypes			
H4 - Energy use			
H5 - Balanced diet and nutrition			
H6 - Water balance			

3.1.1 Anatomy and Physiology: Musculo - skeletal system

M1 - Skeleton			
M2 - Muscles of the body			
M3 - Movement and muscle groups			
M4 - Synovial joints			
M5 - Antagonistic pairs			

3.1.1 Anatomy and Physiology: Cardio - respiratory system

C1 - Pathway of air			
C2 - Gaseous exchange			
C3 - Mechanics of breathing			
C4 - Lung volumes			
C5 - Blood vessels			
C6 - Structure of the heart			
C7 - Cardiac cycle and pathway of blood			
C8 - Key terms (Q,SV, HR)			

3.1.1 Anatomy and Physiology: Aerobic and anaerobic exercise

A1 - Aerobic exercise			
A2 - Anaerobic exercise			
A3 - EPOC and recovery			

3.1.1 Anatomy and Physiology: Effects of exercise

E1 - Immediate effects			
E2 - Short term effects			
E3 - Long term effects			

3.1.1 Anatomy and Physiology: Movement analysis

MA1 - Lever systems			
MA2 - Mechanical advantage of lever systems			
MA3 - Planes and axis of movement			

3.1.3 - Physical training : Components of fitness

F1 - Identify/ apply components of fitness			
F2 - Fitness testing			
F3 - Data collection			

3.1.3 - Physical training : Training

T1 - Principles of training			
T2 - Methods of training			
T3 - Training zones			
T4 - Prevention of injury			
T5 - Altitude training			
T6 - Training seasons			
T7 - Warm up and cool down			

3.1.3 - Physical training : Data analysis

D1 - Quantitative data			
D2 - Qualitative data			
D3 - Presenting and analysing data			

3.2.1 Sport Psychology : Sport psychology studies

S1 - Skill, ability and continuum's			
S2 - Types of goals			
S3 - SMART Targets			
S4 - Information processing			
S5 - Guidance and feedback			
S6 - Arousal and inverted U theory			
S7 - Stress management techniques			
S8 - Aggression			
S9 - Personality types			
S10 - Motivation			

3.2.2 Socio cultural studies : Engagement patterns and barriers to participation

SC1 - Social groups			
SC2 - Barriers to participation			

3.2.2 Socio cultural studies : Commercialisation

CO1 - Commercialisation			
CO2 - Sponsorship and the media			
CO3 - Technology in sport			

3.2.2 Socio cultural studies : Ethical issues in sport

ET1 - Conduct of performers			
ET2 - Performance enhancing drugs			
ET3 - Blood doping			
ET4 - Spectator behaviour			
ET5 - Strategies to prevent hooliganism			

Date:

Student Reflection:
Teacher Comment: