

Applied Anatomy and Physiology - Year 1 : Cardiovascular System

C1 Cardiac conduction system			
C2 - Hormonal, neural and chemical regulation of the heart			
C5 - Starling's Law			
C6 - Physical activity and health			
C7 - Blood pressure			
C8 - Venous return mechanisms			
C9 - Cardiovascular drift			
C10 - Transportation of oxygen			
C11 - Oxyhaemoglobin dissociation curve and Bohr Shift			
C12 - Redistribution of blood			
C13 - A-VO ₂ diff			
C3 - Role of receptors			
C4 - Physical activity and the heart			

Applied Anatomy and Physiology - Year 1 : Respiratory System

R1 - Lung volumes and changes when exercising			
R2 - Gas exchange			
R3 - Regulation of pulmonary ventilation			
R4 - Role of receptors			
R5 - Lifestyle choices and respiratory system			

Applied Anatomy and Physiology - Year 1 : Neuromuscular system

N1 - Fibre types			
N2 - Motor units			
N3 - Recruitment of muscle fibres			
N4 - PNF			

Applied Anatomy and Physiology - Year 1 : Analysis of movement in physical activities

MA1 - Articulating bones			
MA2 - Joint actions			
MA3 - Planes and axes			
MA4 - Agonists and antagonists			

MA5 - Types of muscle contraction			
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Skill Acquisition -Year 1: Skill characteristics and their impact on transfer

S1 - Characteristics of skilled performance			
S2 - Different types of skills			
S3 - Transfer			
S4 - Organisation and presentation of practice			
S5 - Skill continua			

Skill Acquisition -Year 1: Theories of learning

T1 - Stages of learning and feedback			
T2 - Psychological theories of learning			
T3 - Feedback and guidance			

Sport and Society - emergence of the globalisation of sport in the 21st century - Year 1: Pre- industrial (pre-1780)

PI2- Mob football			
PI3- Real Tennis			
PI1- Characteristics of popular recreation			

Sport and Society - emergence of the globalisation of sport in the 21st century - Year 1: Industrial and post-industrial (1780-1900)

I1- Characteristics of rational recreation			
I2- Industrial Revolution			
I3- Urbanisation			
I4- Transport and communication			
I6- Influence of the Church			
I7- Emergence of the middle class and public provision			
I5- British Empire			
I8- National Governing Bodies (NGBs)			
I9- Amateur and Professionalism			
I10- Development of football, lawn tennis and athletics			

Sport and Society - emergence of the globalisation of sport in the 21st century - Year 1: Post World War II (1950- present)

PW1- Emergence of females in football			
PW2- Emergence of females on tennis			
PW3- Emergence of females in athletics			

PW4- Golden Triangle			
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Sport and Society - emergence of the globalisation of sport in the 21st century - Year 1:
Sociological theory applied to equal opportunity

ST1- Definitions of key terms			
ST2- Social action theory			
ST3- Under represented groups and barriers to participation			
ST4- Benefits of raising participation			
ST5- Sport England			

Exercise Physiology - Year 1: Diet and nutrition

D1 - Seven classes of food and function			
D2 - Dietary supplements			

Exercise Physiology - Year 1: Training methods in relation to physical activity and performance

T1 - Quantitative, qualitative, subjective, validity and reliability for lab conditions and field tests			
T2 - Warm up and cool down			
T3 - SPORT and FITT			
T4 - Periodisation			
T5 - Training methods			

Biomechanics - Year 1: Principles and levers

B1 - Newton's three laws of linear motion			
B2 - Scalars			
B3 - Factors affecting stability			
B4 - Levers and their mechanical advantage and disadvantage			

Sport Psychology - Year 1: Psychological influences on the individual - Personality, Arousal and Attitude

P1 - Personality, attitude and arousal			
P2 - Strategies to overcome negative effects on performance			

Sport Psychology - Year 1: Psychological influences on the individual - Anxiety, Aggression and Motivation

P4 - Anxiety			
P5 - Anxiety measures			
P6 - Aggression			
P7 - Motivation			

Sport Psychology - Year 1: Social facilitations, Groups and Leadership

P8 - Social facilitation			
P9 - Social inhibition			

Role of Technology in sport - Year 1: Role of Technology in sport

V1 - Technology in data collection and key terms			
V2 - Video analysis programmes			
V3 - Testing and recording equipment			
V4 - GPS and motion tracking software and hardware			
V5 - Maintaining data integrity when using technology			

Applied anatomy and Physiology - Year 2: Energy Systems

E1: Aerobic energy system			
E2: Anaerobic energy system			
E3: Lactate threshold and OBLA			
E4: O2 deficit and OBLA			
E5: VO2 max			
E6: Energy expenditure			
E7: Impact of training on energy systems			

Skill Acquisition - Year 2: Information processing

I1: Input			
I2: Memory			
I3: Information processing			
I4: Reactions			
I5: Schema			

Exercise Physiology - Year 2: Injury prevention and the rehabilitation of injury

R1: Acute and chronic injuries			
R2: Injury prevention			
R3: Rehabilitation			
R4: Recovery			

Biomechanical movement - Year 2: Linear motion

L1: Scalars and vectors			
L2: Plot, label and interpret biomechanical graphs and diagrams			
L3: Forces acting during linear motion			

L5: Impulse and momentum			
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Biomechanical movement - Year 2: Angular motion

AN1 - Newton's Laws of angular motion			
AN2 - Conservation of angular momentum			

Biomechanical movement - Year 2: Projectile motion

P1 - Factors affecting projectiles			
P2 - Flight paths of different projectiles			
P3 - Forces that affect shot put and badminton shuttle			
P4 - Vector components of parabolic flight			

Biomechanical movement - Year 2: Fluid mechanics

F1 - Dynamic fluid force - drag and lift			
F2 - Bernoulli principle			

Sport Psychology - Year 2: Psychological factors that can influence an individual in physical activities

P1: Achievement motivation			
P2: Attribution			
P3: Confidence			
P4: Leadership			
P5: Reducing stress in the performer			

Sport and society and the role of technology in physical activity and sport - Year 2: Concepts of physical activity and sport

PA1: Characteristics and functions of physical recreation			
PA2: Characteristics and functions of sport			
PA3: Characteristics and aims of Physical Education			
PA4: Characteristics and aims of School Sport			
PA5: Similarities and differences between key concepts			

Sport and society and the role of technology in physical activity and sport - Year 2: Development of elite performers in sport

D1: Factors required for elite performers			
D2: UK Sport			
D3: National Institutes of Sport			
D4: National Governing Bodies			
D5: Talent Development			

D6: Programmes to develop athletes			
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Sport and society and the role of technology in physical activity and sport - Year 2: Ethics in Sport

ES1: Amateurism			
ES2: Olympic Oath			
ES3: Sportsmanship			
ES4: Gamesmanship			
ES5: Deviance			

Sport and society and the role of technology in physical activity and sport - Year 2: Violence in Sport

V1: Causes of violence			
V2: Strategies to prevent violence			
V3: Football Hooliganism			

Sport and society and the role of technology in physical activity and sport - Year 2: Drugs in Sport

D1: Reasons for using drugs			
D2: Physiological effects of drugs			
D3: Implications of drug taking			
D4: Strategies to eliminate drugs			
D5: Drug testing			

Sport and society and the role of technology in physical activity and sport - Year 2: Sport and the Law

S1: Sports legislation- Performers			
S2: Sports legislation- Officials (Negligence)			
S3: Sport legislation- Coaches (duty of care)			
S4: Sport legislation- Spectators			

Sport and society and the role of technology in physical activity and sport - Year 2: Impact of commercialisation

I1: Golden triangle			
I2: Impact of media and commercialisation			

Sport and society and the role of technology in physical activity and sport - Year 2: The Role of Technology in Sport

T1: Sport analytics			
T2: Development of equipment and facilities			

T3: Impact of technology			
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Date:

Student Reflection:

Teacher Comment: