

Component 1 Topic	Do you know?.....	R	A	G
Skeletal system	5 Functions of skeletal system			
	4 types of bones and their characteristics			
	4 types of joints			
	8 Ranges of movement at a joint			
	Do you know?.....			
Muscular system	Function of muscular system			
	Naming the muscles (14)			
	4 Antagonistic pairs			
	Muscle fibre types			
	Do you know?.....			
Cardiovascular system	3 Functions of cardiovascular system			
	Labelling the heart			
	3 types of blood vessels			
	4 components of blood			

	Do you know?.....			
Performance enhancing drugs	Reasons why performers take PED's			
	Reasons for and positives/negatives for taking Anabolic Steroids			
	Reasons for and positives/negatives for taking Beta Blockers			
	Reasons for and positives/negatives for taking Diuretics			
	Reasons for and positives/negatives for taking Narcotic Analgesics			
	Reasons for and positives/negatives for taking Peptide Hormones (EPO/HGH)			
	Reasons for and positives/negatives for taking			
	Reasons for and positives/negatives for taking Stimulants			
	Reasons for and positives/negatives for the practice of Blood Doping			

	Do you know?.....			
<b>Levers, Planes and Axis</b>	3 Classes of levers, be able to correctly draw them and give sporting examples.			
	Mechanical advantages and mechanical disadvantages of each Lever system			
	3 Components of a Lever system.			
	Match the Plane with the axis giving a sporting example of which movement is occurring.			

	Do you know?.....	<b>R</b>	<b>A</b>	<b>G</b>
<b>Physical Training</b>	To define Health, Fitness, Exercise and Performance and to be able to explain how they are linked.			
	The Components of Health and Skill Related fitness giving Sporting examples. (Definitions will get marks)			
	What is a PARQ? Give examples of typical questions.			
	How and why do we use Fitness tests?			
	Protocol of the Cardiovascular fitness tests.			
	Protocol of the Strength and Flexibility fitness tests.			
	Protocol of the Speed and Agility fitness tests.			
	Protocol of the Power and Muscular Endurance fitness tests.			
	Be able to interpret Fitness test results.			
	Be able to define and apply the Principles of Training			
	Describe the methods of training and how they can improve fitness.			
	Be able to give the positives and negatives of each training method			
	The 3 phases of a warm up, purpose and importance of a warm up giving examples.			
	The 2 phases of a cool down, purpose and importance giving examples.			

Component 2 Topics	Do you know?.....	R	A	G
Component 2 Health, Fitness and Well being	Understand how health can be promoted through a PEP			
	Physical Health Benefits			
	Emotional Health Benefits			
	Social Health Benefits			
	Understand how lifestyle choices will impact your health and wellbeing.			
	The effects of a sedentary lifestyle			
	The requirements of a balanced diet to maintain healthy lifestyle and optimise performance.			
	Outline how and why optimum weight varies and effects participation and performance.			
	Dietary Manipulation			

Component 2 Topics	Do you know?.....	R	A	G
Social, Cultural Influences	Interpret data on general trends on participation data.			
	General trends in participation rates rates and how socio-economic groups, gender, age, ethnicity and disability.			
	Relationship between Commercialisation, media and Sport. (Golden Triangle)			
	Advantages and Disadvantages of Commercialisation. (Sponsor/Sport/Player/Spectator)			
	Sporting Behaviour and what it creates.			
	Deviance in Sport			

Component 2 Topics	Do you know?.....	R	A	G
Sport Psychology	To be able to classify skills and identify the best type of practice or guidance to improve the skill			
	Types of Practices and which performer and type of skill their best suited to.			
	Goal Setting and the importance of reviewing your targets.			
	Types of guidance, advantages, and disadvantages of each type.			
	Types of feedback			
	Mental Rehearsal and how it performs a part of a warm up			