

## **Paper 1 Fitness and Body Systems**

### Applied Anatomy and Physiology

- Functions of the skeletal System
- Bone Classifications
- Joint Classifications
- Movements possible at different joints
- Muscle Types and physical Activity
- Antagonistic pairs
- Fast and Slow twitch muscle fibres
- Functions of the Cardiovascular System
- The heart
- Route the blood takes through the heart
- Blood vessels and their role in physical activity
- Blood and its role in physical activity
- The respiratory system
- Gaseous exchange
- How do CV and respiratory systems work together
- Aerobic and anaerobic exercise
- Short term effects of exercise on the respiratory system
- Short term effects of exercise on the vascular system
- Short term effects on the muscular system

### Movement Analysis

- Levers
- The benefits of different levers

- Planes and axes of movement applied to sporting activities

## Physical Training

- Health Fitness and Exercise
- The components of fitness and fitness testing
- The principles of training
- Training methods

## **Paper 2 - Health and Performance**

### Health Fitness and Wellbeing

- Physical Emotional and Social Health
- Impact of fitness on wellbeing
- Lifestyle Choices
- Sedentary Lifestyle
- Diet
- Optimum Weight

### Sport Psychology

- Classification of skills
- Practice Structures
- Goal setting
- SMART targets
- Guidance to optimise performance
- Feedback to optimise performance

- Graphical representation of sports data
- Mental preparation of performance