

The structure and function of the skeletal system	R	A	G
State the name and location of the 19 main bones in the body			
Explain the six functions of the skeleton			
Describe how the skeletal system provides a framework for movement (in conjunction with the muscular system)			
Identify parts of a synovial joint			
State the articulating bones of the 2 hinge joints - knee and elbow			
State the articulating bones of the 2 ball and socket joints - shoulder and hip			
Describe the types of movement at the above hinge and ball and socket joints and apply to sporting examples			
Explain the roles of ligaments, cartilage and tendons			

The structure and function of the muscular system	R	A	G
State the name and location of the 13 main muscles in the body			
Give the definitions of agonist and antagonist			
Explain different types of muscular contraction – isometric, isotonic (concentric / eccentric)			
Be able to apply the above to sporting examples			

Components of fitness	R	A	G
Define Health and Fitness (including Mental, Physical and Social Health)			
Understand the relationship between Health and Fitness			
Define the 10 components of fitness			
Apply each component to sporting examples			
Describe the fitness test used for each component			
Understand how data is collected from fitness tests and be able to interpret this data			

Anaerobic and Aerobic Exercise	R	A	G
Define the terms Aerobic and Anaerobic Exercise and give practical examples of when they are used in sports performance			

Engagement patterns of different social groups in physical activity and sport	R	A	G
Explain barriers to participation for different social groups			

Applying the principles of training	R	A	G
State the definitions of each principle of training and apply to training programs - SPORT			
Explain the principles of FITT (applying overload)			
Define the 7 types of training and be able to provide an example for each			
Explain the advantages and disadvantages of each type of training for different sports performers			
Understand how to calculate training intensities and how to utilise them			
Describe the 5 components of a warm up			
Explain the benefits of a warm up			
Describe the 5 components of a cool down			
Explain the benefits of a cool down			

Injury prevention	R	A	G
Explain considerations for preventing injury (such as warm up, cool down, protective equipment, correct training methods, hydration, etc)			
Use examples of injury prevention in sport			

Specific Training Techniques	R	A	G
Understand the seasonal aspects of sport (pre-season, competition season and post-season)			

Health, fitness and well-being	R	A	G
State what health, fitness and well-being are			
Explain the different health benefits of physical activity on your physical, emotional and social health			
Explain the consequences of a sedentary lifestyle (somatotypes, obesity, BMI)			

Diet and nutrition	R	A	G
Define a balanced diet			
State the % of fat, protein and carbohydrates expected in a balanced diet			
Explain the role of fats, proteins and carbohydrates in a balanced diet			
Explain the roles of vitamins and minerals in a balanced diet			
Explain the effect of diet and hydration on energy use in sport			
Explain the importance of hydration in a balanced diet and the consequences of an imbalanced diet			

Sports Psychology	R	A	G
Define Skills, Abilities and Traits			
Classify skills on 4 different skills continuums			
Give sporting examples for each continuum			
Explain the use of goal setting (performance and outcome goals)			
Explain the principles of SMART goals and apply these to improve performance			
Describe and Draw the Basic Information Processing Model			
Describe the 4 types of guidance, giving advantages and disadvantages for each			
Describe the 6 types of feedback			
Explain and give examples of the Inverted U Theory			
Explain how optimal arousal differs for different sports performers			
Know the 4 arousal control techniques			
Understand the two personality types and the impact on sports performance			
Define and evaluate intrinsic and extrinsic motivation			