

Lesson	Summary of content to be taught	
Applied anatomy and physiology – Paper 1: The human body and movement in physical activity and sport.		Completed
1	Bones and the functions of the skeleton.	
2	Structure of the skeletal system/functions of the skeleton.	
3	Muscles of the body.	
4	Structure of a synovial joint.	
5	Types of freely moveable joints that allow different movements.	
6	How joints differ in design to allow certain types of movement.	
7	How the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints.	
8	The pathway of air and gaseous exchange.	
9	Blood vessels.	
10	Structure of the heart and the cardiac cycle (pathway of blood).	
11	Cardiac output and stroke volume (including the effects of exercise).	
12	Mechanics of breathing and interpretation of a spirometer trace.	
13	Aerobic and anaerobic exercise.	
14	Recovery/EPOC.	
15	The short and long term effects of exercise.	
Movement analysis – Paper 1: The human body and movement in physical activity and sport		
1	First, second and third class levers.	
2	Mechanical advantage.	
3	Analysis of basic movements in sporting examples.	
4	Analysis of basic movements in sporting examples.	
5	Planes and axes.	
Health, fitness and well-being – Paper 2: Socio-cultural influences and well-being in physical activity and sport.		
1	The meaning of health and fitness: physical, mental/emotional and social health- linking participation in physical activity to exercise, sport to health and well-being.	
2	The consequences of a sedentary lifestyle.	
3	Obesity and how it may affect performance in physical activity and sport.	
4	Somatotypes.	
5	Energy use.	
6	Reasons for having a balanced diet and the role of nutrients.	
7	The role of carbohydrates, fat, protein, vitamins and minerals.	
8	Reasons for maintaining water balance (hydration) and further applications of the topic area.	

Physical training – Paper 1: The human body and movement in physical activity and sport.		Completed
1	Health and fitness recap, including the relationship between health and fitness.	
2	The components of fitness.	
3	Linking sports and activities to the required components of fitness.	
4	Reasons for and limitations of fitness testing.	
5	Measuring the components of fitness and demonstrating how data is collected.	
6	The principles of training and overload.	
7	Applications of the principles of training.	
8	Types of training- including an introduction to the analysis and evaluation task.	
9	Types of training (cont) with reference to the adv and dis- advan of using these types for different sports.	
10	Calculating intensity.	
11	Considerations to prevent injury.	
12	High altitude training and seasonal aspects.	
13	Warming up and cooling down.	
14	Application of the principles to the analysis and evaluation task.	
Sports psychology – Paper 2: Socio-cultural influences and well-being in physical activity and sport.		
1	Skill and ability, including classification of skill.	
2	Definitions and types of goals.	
3	Use + evaluation of setting performance/outcome goals, including the use of SMART targets to improve/optimize performance.	
4	Examples of and evaluation of the types of feedback and guidance.	
5	Arousal and the Inverted U theory.	
6	Application of how optimal arousal has to vary in relation to the skill/stress management techniques.	
7	Aggression and personality.	
8	Intrinsic and extrinsic motivation, including evaluation of their merits	
9	Engagement patterns and the factors affecting them.	
10	Commercialisation, sponsorship and the media.	
11	Positive and negative impacts of sponsorship and the media.	
12	Positive and negative impacts of technology.	
13	Conduct of performers and introduction to drugs.	
14	Sporting examples of drug taking.	
15	Advantages/disadvantages to the performer/the sport of taking PED's.	
16	Spectator behaviour and hooliganism, including strategies to combat hooliganism.	

