



Topic area 1

Students will understand the anatomical/structural and physiological / functional roles performed in the identified systems of the body. They will understand how the controlled stress of exercise will affect the systems and the way that the effect is measured.

Topic area 3

Students will develop their understanding of different forms of technology and how this impacts on performance. Considerations for testing, training, recovery and the role of the spectator will all be examined. Contemporary technology is continually evolving.

Topic area 5

Students will have an understanding of the role that sports psychology has in facilitating optimal sporting performance of an individual athlete, sports teams and individuals in the teams. Students will understand the different psychological views, theories and perspectives,

Written NEA 15%

Technical Component

Students need to analyse data. Analyse 3 phases of one core skill. Compare results with a higher level performer. Identify strengths and weaknesses and justify areas for development

Personal Development Plan

Students plan, perform and record over 8-10 weeks through applying appropriate principles and methods of training and SMART(ER) targets to a plan designed to optimise performance. Students critically evaluate outcomes against their original aims.



Applied Anatomy and Physiology



Exercise Physiology and Applied Movement Analysis



The Role of Technology



Skills Acquisition



Sports Psychology



Sport & Society



Topic area 2

Students will understand the importance of diet and nutrition pre, during and post physical activity. They will also study fatigue and recovery, which will build from their knowledge of energy systems in Topic 1.

Topic area 4

Students are required to show an understanding of the nature and development of skills in sport. This understanding could be enhanced and developed through applied practical experiences. Students should have an awareness of the relevant learning theories.

Topic area 6

Students will understand the dynamic relationship between sport and society. They will learn the parallels between societal changes and sport and will utilise this knowledge and understanding to consider historical and contemporary events and trends and potential future developments.

Physiological Component

Analyse appropriate fitness tests. Analyse which component of fitness will help to enhance performance. Explore which method of training is appropriate and why?

Practical NEA 15%

Students will be required to perform in one physical activity, in the role of either player/performer or coach. They will be required to demonstrate their skills while under pressure, in conditioned practice and formal /competitive situation.