



Topic area 1

Students will develop the understanding of the Structure and functions of the musculoskeletal system followed by the Structure and functions of the cardiorespiratory system. They will also gain greater understanding of Anaerobic and aerobic exercise linking to Short and long term effects of exercise.

ANATOMY AND PHYSIOLOGY & USE OF DATA



Topic area 2

Through Movement Analysis student will learn about the Lever systems, examples of their use in activity and the mechanical advantage they provide in movement. They will also develop knowledge of Planes and axes of movement.

MOVEMENT ANALYSIS



Topic area 3

During the topic Physical Training students will understand the relationship between health and fitness, and the role that exercise plays in both Components of fitness, suitability for sport and how fitness is measured and improved. They will also cover Principles of training and applying them to a personal exercise/training programme, How to optimise training and prevent injury by using effective use of warm up and cool down.

PHYSICAL TRAINING



Topic area 4

We move on to Paper 2 - Health and fitness, physical, emotional and social health, fitness and well-being. Students understand the consequences of a sedentary lifestyle. They will develop knowledge on energy use, diet, nutrition and hydration. To follow is socio-cultural issues in physical activity and sport.

HEALTH FITNESS AND WELL-BEING



Topic area 5

Within the Sports Psychology unit students will learn about the classification of skills (basic/complex; open/closed), the use of goal setting and SMART targets to improve and/or optimise performance. They will gain understanding of guidance and feedback on performance and mental preparation for performance

SPORTS PSYCHOLOGY



Topic area 6

The final action of Theoretical content students will develop understandings of Socio Cultural Influence. They will develop the understanding of engagement patterns of different social groups in physical activity and sport. We cover Commercialisation of physical activity and sport linking to ethical and socio-cultural issues in physical activity and sport.

SOCIO CULTURAL INFLUENCES



Written NEA 10%

Technical Component

Students need to analyse data from their chosen sport and Compare results with a higher level performer. Identify strengths and weaknesses and justify areas for development in order to plan and prepare their PEP.



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?

Personal Exercise Plan (PEP)

Students develop knowledge and understanding of:

1. the principles of training, relevant methods of training and use of data in order to analyse and evaluate their PEP
2. The PEP will cover a six- to eight-week period, and can relate to any one physical activity of their choice from the activities list.

The areas of content covered are:

- aim and planning analysis
- carrying out and monitoring their PEP
- evaluation of data and programme

Submit PEP either in written (1500 words)



Practical NEA 30%

Students will be required to: perform in three different physical activities in the role of player/performer demonstrate their skills in isolation/unopposed situations and demonstrate their skills in a formal/ competitive situation while under pressure. The scores are marked for skills out of 10 and performance out of 25.

