

**FULL LEARNING CHECKLIST/REVISION LIST**

**PAPER ONE**

<b>Anatomy and Physiology</b>	Bones: I know the location of major bones.	
	I know the functions of skeleton.	
	I know the types of bones.	
	I can locate major muscles.	
	I know what the structure of synovial joints are.	
	I can say what the types of synovial joints are.	
	I know what the movements at different joints are.	
	I know what antagonistic muscles do.	
	Respiratory system: I know what the pathway of air is.	
	I can explain the gaseous exchange at the alveoli.	
	I can explain the transport of oxygen in the blood.	
	I know what the characteristics and functions of arteries, veins and capillaries are.	
	CV system: I know what the structure of the heart is.	
	I know and understand the cardiac cycle and pathway of blood.	
	I can explain the definitions and changes during exercise to cardiac dynamics (heart Rate, stroke volume and cardiac output).	
	I know what the mechanics of breathing are.	
	I can use spirometer traces and lung volumes.	
	I can explain the differences between aerobic and anaerobic exercise.	
	I can define what EPOC is.	
	I understand the methods of recovery from high intensity exercise.	
I know what the immediate effects of exercise are.		
I know what the short term (24-36 hours) effects of exercise are.		
I know what the long term (months and years) effects of exercise are.		
<b>Physical Training</b>	I can say what the definitions of health and fitness are.	
	I know what the relationship between health and fitness are.	

## PAPER TWO

<b>Health and Fitness</b>	Health: I know the definition and components.	
	I understand that health and fitness link.	
	I understand what happens in a sedentary lifestyle.	
	I understand obesity and its effects on performance.	
	I know what the somatotypes are and can describe each one and which sports they link to.	
	I can describe energy use and energy balance.	
	I know the role and source of seven nutrients.	
	I know and can describe what makes up a balanced diet.	
	I know the importance of hydration.	
<b>Psychology</b>	I can say what the definitions of skill and ability are.	
	I know and can describe the four skill continua.	
	I know definitions for types of goals.	
	I can apply the SMART principle of goal setting.	
	I can explain the basic info processing model.	
	I know the types of feedback and optimal use of feedback.	
	I know the types of guidance and optimal use of guidance.	
	I know how arousal and inverted U theory impacts on performance.	
	I know how stress management and arousal impacts on performance.	
	Aggression: I know the difference between direct and indirect.	
	Personality: I know the difference between introvert and extrovert.	
	Motivation: I know the difference between intrinsic and extrinsic.	