

Revision Materials	
<ul style="list-style-type: none"> Within Google classroom (ngi7zxv) there is QUIZLET and QUIZ available to quickly test your knowledge, revision tasks and test yourself also appear and offer more detailed questioning. Electronic (Google classroom) and paper version of the revision notes have been given to you. If you require another one please do ask. Homework's will be based on preparation towards your exams and will revolve around securing your knowledge and giving you the opportunity to test yourselves. 	
Date	EXAM ONE:
24th May	Applied Anatomy and Physiology Movement Analysis Physical Training
	What to Revise
	The structure and functions of the musculoskeletal system <ul style="list-style-type: none"> 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
	The structure and functions of the cardio-respiratory system <ul style="list-style-type: none"> Blood vessels Mechanics of breathing – the interaction of the intercostal muscles, ribs and diaphragm in breathing Interpretation of a spirometer trace
	Anaerobic and aerobic exercise <ul style="list-style-type: none"> The use of aerobic and anaerobic exercise in practical examples of differing intensities
10th June	The short- and long-term effects of exercise <ul style="list-style-type: none"> Long-term effects of exercise (months and years of exercising)
	Lever systems, examples of their use in activity and the mechanical advantage they provide in movement <ul style="list-style-type: none"> Analysis of basic movements in sporting examples
	The components of fitness, benefits for sport and how fitness is measured and improved <ul style="list-style-type: none"> Linking sports and physical activity to the required components of fitness • Reasons for and limitations of fitness testing
	Effective use of warm up and cool down <ul style="list-style-type: none"> Warming up and cooling down
	EXAM TWO:
10th June	Sports Psychology Socio Cultural influences Health Fitness and well being
	What to Revise
	Classification of skills (basic/complex, open/closed) <ul style="list-style-type: none"> Classifications of skill
	Basic information processing <ul style="list-style-type: none"> Basic information processing model
	Engagement patterns of different social groups in physical activity and sport <ul style="list-style-type: none"> Engagement patterns of different social groups and the factors affecting participation
10th June	Commercialisation of physical activity and sport <ul style="list-style-type: none"> Positive and negative impacts of sponsorship and the media Positive and negative impacts of technology
	Ethical and socio-cultural issues in physical activity and sport <ul style="list-style-type: none"> Prohibited substances Reasons why hooliganism occurs Strategies employed to combat hooliganism/spectator behaviour
	Energy use, diet, nutrition and hydration <ul style="list-style-type: none"> Nutrition – the role of carbohydrates, fat, protein and vitamins/minerals Reasons for maintaining water balance (hydration)