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| **Topic** | **Topic Summary** | **AUDIT** | Date revised | Date revised | Date r revised | **AUDIT** | Date revised | Date revised | Date revised | **AUDIT** |
| **Paper 1: Physical factors affecting performance** | | | | | | | | | | | |
| **1.1 Applied anatomy and physiology** | | | | | | | | | | | |
| 1.1.a The structure and function of the skeletal system | Location of major bones |  |  |  |  |  |  |  |  |  |
| Functions of the skeleton |  |  |  |  |  |  |  |  |  |
| Types of synovial joint |  |  |  |  |  |  |  |  |  |
| Types of movement at hinge joints and ball and socket joints |  |  |  |  |  |  |  |  |  |
| Other components of joints |  |  |  |  |  |  |  |  |  |
| 1.1.b The structure and function of the muscular system | Location of major muscle groups |  |  |  |  |  |  |  |  |  |
| The roles of muscle in movement |  |  |  |  |  |  |  |  |  |
| 1.1.c Movement analysis | Lever systems |  |  |  |  |  |  |  |  |  |
| Planes of movement and axes of rotation |  |  |  |  |  |  |  |  |  |
| 1.1.d The cardiovascular and respiratory systems | Structure and function of the cardiovascular system |  |  |  |  |  |  |  |  |  |
| Structure and function of the respiratory system |  |  |  |  |  |  |  |  |  |
| Aerobic and anaerobic exercise |  |  |  |  |  |  |  |  |  |
| 1.1.e Effects of exercise on body systems | Short-term effects of exercise |  |  |  |  |  |  |  |  |  |
| Long-term (training) effects of exercise |  |  |  |  |  |  |  |  |  |
| **1.2 Physical training** | | | | | | | | | | | |
| 1.2.a Components of fitness | Components of fitness |  |  |  |  |  |  |  |  |  |
| 1.2.b Applying the principles of training | Principles of training |  |  |  |  |  |  |  |  |  |
| Optimising training |  |  |  |  |  |  |  |  |  |
| Warm up and cool down |  |  |  |  |  |  |  |  |  |
| 1.2.c Preventing injury in physical activity and training | Prevention of injury |  |  |  |  |  |  |  |  |  |
| **Paper 2: Socio-cultural issues and sports psychology** | | | | | | | | | | | |
| **Topic** | **Topic Summary** | **AUDIT** | Date revised | Date revised | Date revised | **AUDIT** | Date revised | Date revised | Date revised | **AUDIT** | |
| **2.1 Socio-cultural influences** | | | | | | | | | | | |
| 2.1.a Engagement patterns of different social groups in physical activities and sports | Physical activity and sport in the UK |  |  |  |  |  |  |  |  |  |
| Participation in physical activity and sport |  |  |  |  |  |  |  |  |  |
| 2.1.b Commercialisation of PA and sport | Commercialisation of sport |  |  |  |  |  |  |  |  |  |
| 2.1.c Ethical and socio-cultural issues in physical activity and sport | Ethics in sport |  |  |  |  |  |  |  |  |  |
| Drugs in sport |  |  |  |  |  |  |  |  |  |
| Violence in sport |  |  |  |  |  |  |  |  |  |
| **2.2 Sports psychology** | | | | | | | | | | | |
| 2.2 Sports psychology | Characteristics of skilful movement |  |  |  |  |  |  |  |  |  |
| Classification of skills |  |  |  |  |  |  |  |  |  |
| Goal setting |  |  |  |  |  |  |  |  |  |
| Mental preparation |  |  |  |  |  |  |  |  |  |
| Types of guidance |  |  |  |  |  |  |  |  |  |
| Types of feedback |  |  |  |  |  |  |  |  |  |
| **2.3 Health, fitness and well-being** | | | | | | | | | | | |
| 2.3 Health, fitness and well-being | Health, fitness and well-being |  |  |  |  |  |  |  |  |  |
| Diet and nutrition |  |  |  |  |  |  |  |  |  |