

<b>Year One - Year 9 Content</b>		
<b>TOPIC GUIDE 6: Health, Fitness and Well-being (Paper 2: Health and Performance)</b>		Topic Guide
<b>1</b>	Physical, emotional and social health (i)	<b>6</b>
<b>2</b>	Physical, emotional and social health (ii)	
<b>3</b>	Lifestyle choices	<b>6</b>
<b>4</b>	Impact of lifestyle choices	
<b>5</b>	Sedentary lifestyles and consequences	6
<b>6</b>	Balanced diet and the role of nutrients	<b>6</b>
<b>7</b>	Dietary manipulation for sport (i)	
<b>8</b>	Dietary manipulation for sport (ii)	
<b>9</b>	Optimum weight	
<b>TOPIC GUIDE 3: Physical Training ( Paper 1 : Fitness and Body Systems)</b>		Topic Guide
<b>10</b>	An introduction to using a PEP to develop fitness, health and exercise and performance	<b>3</b>
<b>11</b>	PARQs; warm ups and cool downs	
<b>12</b>	Components of fitness	<b>3</b>
<b>13</b>	Fitness tests – theory and practice (i)	
<b>14</b>	Fitness tests – theory and practice (ii)	
<b>15</b>	Fitness tests – theory and practice (iii)	<b>3</b>
<b>16</b>	Principles of training	
<b>17</b>	Application of principles of training to a PEP	
<b>18</b>	Methods of training	
<b>19</b>	Application of methods of training to a PEP	
<b>Year Two - Year 10 Content</b>		
<b>TOPIC GUIDE 1 : Applied Anatomy and Physiology (Paper 1: Fitness and Body Systems)</b>		Topic Guide
<b>1</b>	Functions of the skeletal system	<b>1</b>
<b>2</b>	Classification of bones	
<b>3</b>	Structure of the skeletal system (i)	

4	Classification and roles of muscles	1
5	Location and roles of key voluntary muscles (i)	
6	Location and roles of key voluntary muscles (ii)	
7	Antagonistic muscles	
8	Fast and slow twitch muscle fibres	
9	Role of ligaments and tendons	1
10	Structure and function of cardiovascular system (i)	1
11	Structure and function of cardiovascular system (ii)	
12	Arteries, capillaries and veins	
13	Vascular shunting	
14	Components of blood and their significance for physical activity (i)	
15	Components of blood and their significance for physical activity (ii)	1
16	Respiratory system – composition of air; lung volumes	
17	Location and roles of principal components of respiratory system (i)	
18	Location and roles of principal components of respiratory system (ii)	
19	Structure and function of alveoli	
20	Energy sources; aerobic and anaerobic exercise and short term effects of exercise (i)	1
21	Energy sources; aerobic and anaerobic exercise and short term effects of exercise (ii)	
<b>TOPIC GUIDE 2: Movement Analysis (Paper 1: Fitness and Body Systems)</b>		Topic Guide
21	Lever system – first, second and third class levers (i)	2
22	Lever system – first, second and third class levers (ii)	
23	Mechanical advantage in sport and physical activity (i)	
24	Mechanical advantage in sport and physical activity (ii)	
25	Movement possibilities at joints	1
26	Utilisation of movement in physical activity	
27	Joint classification and impact on movement axes (i)	
28	Joint classification and impact on movement axes (ii)	
29	Planes and axes – generalised movement patterns (i)	2
30	Planes and axes – generalised movement patterns (ii)	

<b>Year Three - Year 11 Content</b>		
<b>TOPIC GUIDE 4 - Sport Psychology ( Paper 2 - Health and Performance)</b>		<b>Topic Guide</b>
1	Classification of skills (i)	<b>4</b>
2	Classification of skills (ii)	
3	Forms of practice – theory and practical application (i)	<b>4</b>
4	Forms of practice – theory and practical application (ii)	
5	Forms of practice – theory and practical application (ii)	
6	Types of guidance – theory and practical application	<b>4</b>
7	Types of guidance – practical application (i)	
8	Types of guidance – practical application (ii)	
9	Mental preparation for performance; types of feedback (i)	<b>4</b>
10	Mental preparation for performance; types of feedback (ii)	
11	Sports psychology – use of data	
<b>TOPIC GUIDE 3 : Physical Training (Paper 1 - Fitness and Body Systems)</b>		<b>Topic Guide</b>
12	Long term effects of training on the musculo-skeletal system (i)	<b>3</b>
13	Long term effects of training on the musculo-skeletal system (ii)	
14	Long term effects of training on the cardio-respiratory system (i)	
15	Long term effects of training on the cardio-respiratory system (ii)	
<b>TOPIC GUIDE 3 : How to Optimise and Prevent Injury (Paper 1 - Fitness and Body Systems)</b>		<b>Topic Guide</b>
16	Identification and treatment of injury (i)	<b>3</b>
17	Identification and treatment of injury (ii)	
18	Injury prevention in physical activity	
19	Performance enhancing drugs (i)	<b>3</b>
20	Performance enhancing drugs (ii)	
<b>TOPIC GUIDE 5 : Socio - Cultural Influences ( Paper 2 - Health and Performance)</b>		<b>Topic Guide</b>
21	Factors affecting participation in physical activity (i)	<b>5</b>
22	Factors affecting participation in physical activity (ii)	
23	Participation rate trends – use of data (i)	
24	Participation rate trends – use of data (ii)	

25	Commercialisation and the media (i)	<b>5</b>
26	Commercialisation and the media (ii)	
27	Advantages and disadvantages of commercialisation (i)	
28	Advantages and disadvantages of commercialisation (ii)	
29	Sporting behaviours (i)	<b>5</b>
30	Sporting behaviours (ii)	
31	Deviance in sport (i)	
32	Deviance in sport (ii)	