



Health, Fitness and Well-being

- Diet and nutrition
- Sedentary lifestyle
- Carbohydrate loading
- Lifestyle choices
- Commercialisation of sport
- Social groups in physical activity

- Physical, emotional and social
- Hydration

- Muscular system
- Skeletal system
- Muscle fibre types
- Anaerobic and aerobic exercise

- Joints and bones

Applied Anatomy and Physiology

- Effects of exercise
- Cardiovascular system
- Respiratory system

Socio-cultural influences

- Socio-cultural issues and Ethical issues

Sport Psychology

- SMART goals
- Classification of skills
- Guidance
- Mental preparation
- Feedback

- Principles of training

Physical Training

- Long-term effect of exercise
- Warm up & Cool down
- Fitness testing
- Optimise training & prevent injury

- Components of fitness
- Health, fitness and exercise

Movement Analysis

- Lever systems
- Planes of movement
- Axes of movement