

Autumn 1

The components of fitness, fitness testing methods and types of training used to improve fitness

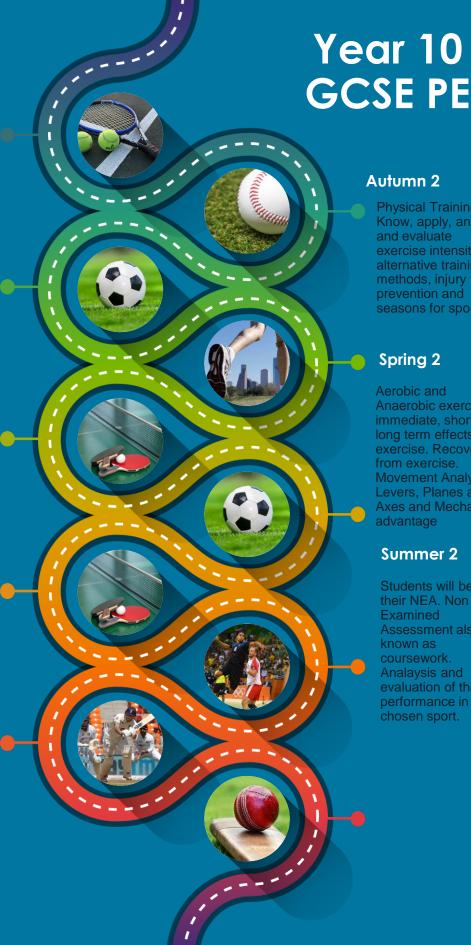
Spring 1

Applied Anatomy and Physiology: Musculoskeletal system, Cardio -respiratory system

Summer 1

Sport Psychology: Classification of skills, basic Processing, Mental preparation for performance, aggression, personality types and

Throughout the course students are given knowledge and taught how to apply to sport and sports performance as well as being guided in how to effectively discuss, analyse and evaluate for more challenging questions.



Autumn 2

Physical Training: Know, apply, analyse exercise intensities, methods, injury prevention and seasons for sport.

Spring 2

Aerobic and Anaerobic exercise, immediate, short and long term effects of exercise. Recovery from exercise. Movement Analysis -Levers, Planes and Axes and Mechanical

Summer 2

Students will begin their NEA. Non Examined known as coursework. Analaysis and evaluation of their performance in a chosen sport.