

Location of muscles

[11 muscles]

Roles of muscle in movement i.e. agonist / antagonist /fixator / origin / synergist.

Apply to sporting examples.

Minimising Risks.

Types of Injury.

Identifying potential hazards.

**PREVENTING INJURY:**

Cool Down

Warm-Up

Methods of Training

FITT:- Frequency / Intensity / Time / Type

SPOR:- Specificity /

Progression / Overload / Reversibility

**PRINCIPLES OF TRAINING:**

10x Components of

Fitness

Three levers.

You need to know the following for each component;

1. **Definition**
2. **Test**
3. **Sporting Example**

**COMPONENTS OF FITNESS:**

13x Long Term Effects

6x Short Term Effects

**EFFECTS OF EXERCISE:**

Aerobic & Anaerobic Respiration.

Role of Intercostal Muscles &

Diaphragm.

**RESPIRATORY SYSTEM:**

Role of Alveoli / Gaseous Exchange.

Definitions.

Pathway of

Air.

Functions / Structure.

Characteristics of Vessels.

Role of Blood Cells.

Functions / Structure.

Definitions.

Pathway of Blood.

**CARDIOVASCULAR SYSTEM:**

3x Axes of Rotation.

3x Planes of Movement.

**MOVEMENT ANALYSIS:**

**MUSCULAR**

**SYSTEM:**

Role of Ligaments,

Cartilage, Tendons

2 Types of synovial joints

6 Functions

Location of bones [19 bones]

Movement

**SKELETAL SYSTEM:**

**PAPER 1**