

PAPER 1 TOPICS

Veins	Balance	Gaseous Exchange	Cartilage	Bone Density	Risk	Abduction	Reversibility	Mechanical Advantage	FITT
HIIT	Humerus	Frontal	Flexibility of muscles	Movement	Abdominals	Heart Rate	Ulna	Rotation	1 st Class
Adduction	Bronchiole	Deltoid	Trachea	Antagonist	Plyometrics	Breathing Rate	Mouth	Speed	Tarsals
Muscular Endurance	Circumduction	Hazard	Gluteals	Circuit	Patella	Latissimus Dorsi	Blood Shunting	Clavicle	Vena Cava
Cranium	Body Temperature	Fibula	Nose	Arteries	Anaerobic	Pelvis	Storage of Minerals	Minute Ventilation	Protection
Longitudinal	Tibia	Tidal Volume	Phalanges	Rate of Recovery	Posture	Interval	Transverse	Carpals	Overload
Lactic Acid production	Agonist	Pulse Raising	Bicuspid	Stretching	Progression	Reaction Time	Fixator	Hypertrophy of Heart	Extension
Mobility	Aerobic	Ligament	Specificity	Hamstring	2 nd Class	Stroke Volume	Ribs	Level of Competition	Scapula
Correct Footwear	Support	Cardiac Output	Blood Cell Production	Gastrocnemius	Diaphragm	Synovial Joint	Alveoli	Capillaries	Tendons
3 rd Class	Cardiovascular Endurance	Flexion	Saggital	Fartlek	Coordination	Intercostal Muscles	Removes waste products	Pectorals	Agility

SKELETAL SYSTEM	MUSCULAR SYSTEM	MOVEMENT ANALYSIS	CARDIOVASCULAR SYSTEM	RESPIRATORY SYSTEM
EFFECTS OF EXERCISE	COMPONENTS OF FITNESS	PRINCIPLES OF TRAINING	PREVENTING INJURY	WARM-UP / COOL DOWN