

PAPER 1

PREVENTING INJURY:

PRINCIPLES OF TRAINING:

- SPOR:- Specificity / Progression / Overload / Reversibility
 - FITT:- Frequency / Intensity / Time / Type
 - Methods of Training
 - Warm-Up
 - Cool Down
- Identifying potential hazards.
 - Types of Injury.
 - Minimising Risks.

SKELETAL SYSTEM:

- Location of bones [19 bones]
 - 6 Functions
 - 2 Types of synovial joints
 - Role of Ligaments, Cartilage, Tendons
 - Movement
- Location of muscles [11 muscles]
 - Roles of muscle in movement i.e. agonist / antagonist / fixator / origin / synergist.
 - Apply to sporting examples.

MUSCULAR SYSTEM:

COMPONENTS OF FITNESS:

You need to know the following for each component;

1. Definition
2. Test
3. Sporting Example

- 10x Components of Fitness
- 6x Short Term Effects
- 13x Long Term Effects

MOVEMENT ANALYSIS:

- Three levers.
- 3x Planes of Movement.
- 3x Axes of Rotation.
- Functions / Structure.
- Pathway of Blood.
- Definitions.
- Role of Blood Cells.
- Characteristics of Vessels.
- Functions / Structure.
- Pathway of Air.
- Definitions.
- Role of Alveoli / Gaseous Exchange.
- Role of Intercostal Muscles & Diaphragm.
- Aerobic & Anaerobic Respiration.

EFFECTS OF EXERCISE:

RESPIRATORY SYSTEM:

CARDIOVASCULAR SYSTEM: