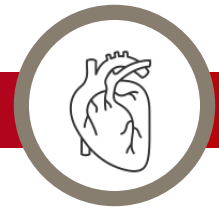


Year 10



Applied Anatomy and Physiology

- Cardio-vascular system
- Respiratory system
- Aerobic/anaerobic



Health, Fitness & Wellbeing

- Physical, emotional & social health
- Lifestyle choices and impacts
- Diet and optimum weight



Physical Training

- Components of fitness
- Principles of training
- Methods of training

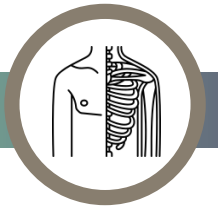


Sport Psychology

- Classification of skills
- Goal setting & SMART targets
- Guidance, feedback & mental prep

- #### Careers
- Professional Sportsperson/Athlete
 - PE Teaching
 - Sports Coach/Personal Trainer
 - Sports Events Management
 - Sports Psychology
 - Physiotherapy
 - Sports Scientist/Analyst
 - Sports Journalism
 - Nutritionist

Year 11



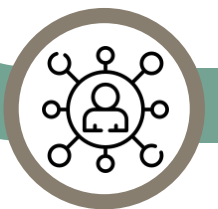
Applied Anatomy & Physiology

- Skeletal system
- Muscular system
- Muscle fibre types



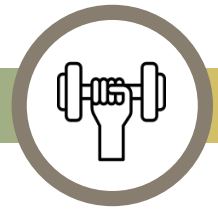
PEP Coursework

- Practical element to PEP
- Planning & completing the PEP



Socio-Cultural Influences

- Engagement patterns
- Commercialisation
- Sporting behaviours



Physical Training

- Short & long term effects of exercise
- Optimising training and preventing injury
- Warm ups & cool downs



Movement Analysis

- Recap of joint movements
- Lever systems
- Planes and axes



Revision and Recap

