Topic	☺ I am confident...	😐 I need some help...	☹ I am really stuck...
Skeleton			
Identify the **bones** in the body – *Cranium, vertebrae, scapula, humerus, ribs, sternum, radius, ulna, pelvis, femur, tibia, fibula and talus*			
Joints – *how movement occurs, different types of movement*			
Type of bones allow for different type of moment – *Flat, short, long*			
How bones and muscles work together			
Functions of skeleton – *support, protection, movement, shape, mineral storage, blood cell production*			
Muscles			
Idenify the **muscles** in the body – *latissimus dorsi, deltoid, rotator cuffs, pectorals, bicep, tricep, abdominals, hip flexors, gluteals, hamstring group, quadriceps,gastrocnemius, tibialis anterior (tendons)*			

Structure of synovial joint – *membrane, synovial fluid, joint capsule, bursae, cartilage, ligaments*			
Types of joints – *hinge joint, ball and socket*			
Movement at joint – *flexion/extension, abduction/adduction, plantar flexion/dorsiflexion*			
How the muscles work together – *agonists/antagonist, isometrically/isotonically, concentric/eccentric*			
Cardio-respiratory system			
Understand the pathway of air – *nose/mouth, trachea, bronchi, bronchioles, lungs, alveoli*			
Topic	☺ **I am confident...**	😐 **I need some help...**	☹ **I am really stuck...**
Gaseous exchange			
Blood vessels and their functions– *arteries, capillaries and veins (size/diameter, wall thickness and valves*			
Structure of the heart – *Atria, ventricles*			

Cardiac cycle and the pathway of the blood			
Cardiac output, stroke volume and heart rate			
Breathing – *inhaling and exhaling*			
Spirometer trace – *tidal volume*, *expiratory*, *inspiratory*, *residual*			
Anaerobic and aerobic exercise			
Understand aerobic and anaerobic – *and equations*			
EPOC (Oxygen debt)			
Recovery process of vigorous exercise – *cooldown*, *ice baths*, *massages*, *diet*			
Short and long term effects of exercise			
Immediate effects of exercise			

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Short term effects of exercise – *nausea, fatigue, light headed, DOMS*			
Long term effects of exercise – *body shape, improved fitness, muscles strength, increase in size of heart etc*			
Movement Analysis			
First, second and third class levers – *fulcrum, load, effort*			
Mechanical advantage = *effort arm / weight arm*			
Analysis of basic movements in sporting examples			
Planes and axes of movement			
Planes – *frontal, transverse, sagittal* Axes – *Longitudinal, transverse, sagittal*			

Physical Training			
Definitions of health and fitness and relationship between them			
Components of fitness – *agility, balance, CVE, coordination, flexibility, muscular endurance, power (explosive strength), reaction time, strength (maximal ,static, dynamic and explosive), speed*			
Measuring the components of fitness			
Reasons for and limitations of fitness tests			
Topic	☺ **I am confident...**	😐 **I need some help...**	☹ **I am really stuck...**
Qualitative and quantitative			
Principles of training – *SPORT (frequency, intensity, time and type)*			
Types of training – *circuit, continuous, fartlek, interval, static stretching, weight training, plyometric*			
Training zones/training thresholds/Maximum heart rate			

Considerations to prevent injury			
Altitude Training			
Training seasons – *preseason/preparation*, *competition season*, *post-season*			
Warming up and cooling down			