

Paper 1 topic revision checklist:

Topic	Date Completed	Fully Understand	Some Understanding	No Understanding
Location of Major Bones				
Functions of the skeleton				
Types of synovial joint				
Types of movement at hinge joints and ball and socket joints				
Components of joints				
The structure and function of the muscular system				
Location of major muscle groups				
The roles of muscle in movement				
The three classes of lever				
The mechanical advantage provided by levers				
The three planes of movement				
The axes of rotation				
Structure and function of the cardiovascular system				
The double-circulatory system (systemic and pulmonary)				
The different types of blood vessel				
The pathway of blood through the heart				
Know the definition: heart rate, stroke volume, cardiac output, know the role of red blood cells.				
Structure and function of the respiratory system				
The pathway of air through the respiratory system				
The role of respiratory muscles in breathing				
Gaseous exchange at Alveoli				
Aerobic and anaerobic exercise				
Short-term effects of exercise				
The long-term effects of exercise				

List of topics for BTEC Sport revision:

- A.1 Components of physical fitness: Aerobic endurance, muscular endurance, flexibility, speed, muscular strength, body composition,
- A.2 components of skill-related fitness: Agility, balance, coordination, power, reaction time
- A.3 Why fitness components are important for successful participation in given sports
- A.4 Exercise intensity and how it can be determined
- A.5 The basic principles of training (FITT) (frequency, intensity, time and type)
- A.6 Additional principles of training (Progressive overload, specificity, individual differences, adaptation, reversibility, variation, rest and recovery)
- B.1 Requirements for each of the following fitness training methods
- B.2 Additional requirements for each of the fitness training methods
- B.3 Fitness training methods for: Flexibility (static, ballistic and PNF), strength (free weights), muscular endurance, power training (plyometric), aerobic endurance (Fartlek, interval, circuit), speed (hollow sprints, acceleration sprints, interval)

- C.1 Fitness test methods for components of fitness: flexibility (sit and reach), strength (grip dynamometer), speed (35m sprint), agility and speed (Illinois agility test), anaerobic power (vertical jump test), muscular endurance (press-ups and sit-ups), body composition (BMI, BIA, skinfold)
- C.2 Importance of fitness testing to sports performers and coaches
- C.3 Requirements for administration of each fitness test:
- C.4 Interpretation of fitness test results: