

GCSE Sports Science

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				