

Physical Education

Unit 1 – Applied Anatomy and Physiology

Students will study:

- Bones
- The structure of the skeleton
- Functions of the skeleton
- Muscles of the body
- Structure of a synovial joint
- Types of freely movable joints
- How joints differ in design
- The major muscle groups
- The cardio-respiratory system
- Anaerobic and aerobic exercise
- The short and long term effects of sport

Unit 2 – Movement Analysis

- Lever systems
- First, second and third class lever systems
- Mechanical advantage
- Analysis of basic movement
- Planes and axes of movement

Unit 3 – Physical Training

- The relationship between health and fitness
- The components of fitness
- Linking sports and physical activity
- Reasons for and limitations of fitness training
- Measuring the components of fitness

Unit 4 – The Use of Data

- Qualitative and Quantitative data
- Methods for collecting data
- Methods for presenting data
- Analysis and evaluation of data
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Unit 5 – Sport Psychology

- The classification of skills
- The use of goal setting and SMART targets
- Information processing

- Guidance and feedback on performance
- Mental preparation for performance

Unit 6 – Socio-Cultural Influences

- Engagement patterns of different socio-cultural groups
- The commercialisation of sport
- Ethical issues in sport
- Strategies for participation