

## PAPER 1

### Revision Checklist.

Topic	Need to know	Nailed it	Got it	Still unsure need help.
Skeletal	Functions of the skeleton			
	Classification of bones			
	Structure of the skeleton (names of bones)			
	Classification of joints			
	Movement available at joints			
	Effects of exercise			
Muscular	Muscle types, Ligaments and tendons.			
	Muscles (names)			
	Antagonistic pairs			
	Muscle fibre types			
	Short term effects			
	Long term effects			
	Adaptations			
Cardiovascular system	Components of the cardiovascular system			
	Order blood travels			
	Blood vessels			
	Vascular shunting			
	Plasma, platelets and blood cells			
	Short term effects			
	Long term effects			
	Adaptations			
Respiratory system	Components of the respiratory system			
	Direction of air travelled			
	Composition of air			
	Lung volumes			
	Alveoli and gaseous exchange			
	Energy and energy sources			
	Short term effects			
	Long term effects			
	Adaptations			
Movement analysis	Lever system			
	First class			
	Second class			
	Third class			
	Planes			
	Axis			

Physical training	Fitness			
	Health			
	Exercise			
	Performance			
	Relationship between health and fitness			
Components of fitness	Cardiovascular fitness			
	Muscular endurance			
	Muscular strength			
	Body composition			
	Flexibility			
	Power			
	Coordination			
	Reaction time			
	Agility			
	Balance			
	Speed			
PARQ and fitness tests	PARQ			
	Cardiovascular fitness tests			
	Strength tests			
	Flexibility tests			
	Agility tests			
	Speed tests			
	Power tests			
	Muscular endurance tests			
Interpreting fitness results				
Principles of training	Specificity			
	Thresholds of training			
	Reversibility			
	Individual needs			
	Progressive overload			
	Overtraining			
	Frequency			
	Intensity			
	Time			
Type				
Methods of training	Continuous			
	Circuit			
	Weight			
	Interval			
	Fartlek			
	Plyometric			
	Fitness classes - aerobics/body pump/pilates/yoga			
	Pros and cons			

Injury's	Prevention			
	Fractures			
	Concussion			
	Dislocation			
	Joints			
	Soft tissue			
	RICE			
Drugs	Anabolic steroids			
	Beta blockers			
	Diuretics			
	Narcotic analgesics			
	Peptide hormones			
	Stimulants			
	Blood doping			
Activity	3 parts to an exercise session			
	Warm up			
	Cool down			