

PAPER 2

Revision Checklist.

Topic	Need to know	Nailed it	Got it	Still unsure need help.
Health	Improving health			
	Physical health			
	Social			
	Emotional			
Lifestyle	Choices - diet/activity/(work/rest/sleep)/smoking/alcohol			
	Sedentary			
	Impact of sedentary lifestyle on weight			
Diet	Energy balance			
	Components of a diet (7)			
	Macronutrients			
	Micronutrients			
	Optimum weight			
	Timing of diet			
	Dietary manipulation Carbohydrate loading/protein intake/hydration			
Classification of skills	Environmental (open-closed)			
	Organisational (high-low)			
	Difficulty (basic-complex)			
Practice	Massed			
	Distributed			
	Fixed			
	Variable			
Goal setting	SMART targets			
	Benefits			
Guidance	Verbal			
	Visual			
	Mechanical			
	Manual			
Feedback	Intrinsic			
	Extrinsic			
	Concurrent			
	Terminal			
Mental rehearsal	Mental rehearsal			

Socio-Economic groups	Gender			
	Age			
	Socio-economic			
	Ethnicity			
	Disability			
Golden Triangle	Sport			
	Commercialisation			
	Media			
	Advantages			
	Disadvantages			
Sporting behaviour	Sportsmanship			
	Gamesmanship			
	Sporting deviance			