

GCSE Revision Checklist: Unit 1 Applied Physiology and Physical Training

(Miss Sargent's Unit)

Topic Area	Covered
<p>Applied Anatomy; Skeletal System</p> <ul style="list-style-type: none"> <li>- Functions of system (Support, posture, protection, movement, making blood cells, mineral storage).</li> <li>- Structure of skeleton (Where each of the bones are).</li> <li>- Types of joint.</li> <li>- Ligaments, tendons and cartilage.</li> <li>- Structure of a synovial joint.</li> <li>- Types of movement at a joint (flexion, extension, rotation, circumduction, abduction, adduction).</li> </ul>	
<p>Applied Anatomy; Muscular System</p> <ul style="list-style-type: none"> <li>- Functions of system (Movement).</li> <li>- Structure of muscles and their role (Where each muscle is and what movement they cause).</li> <li>- Agonists and Antagonistic pairs.</li> </ul>	
<p>Applied Anatomy; Levers</p> <ul style="list-style-type: none"> <li>- Levers; 1<sup>st</sup> class, 2<sup>nd</sup> class, 3<sup>rd</sup> class – what they are and examples of them.</li> <li>- Planes and Axes; What movements happen, examples of movements that happen.</li> </ul>	
<p>Applied Anatomy; Cardiovascular System</p> <ul style="list-style-type: none"> <li>- Functions of cardiovascular system (transport substances, temperature control).</li> <li>- Movement of blood in the heart and around the body. Structure of the heart (Be able to label each part of heart).</li> <li>- Definitions for arteries, capillaries and veins.</li> <li>- Definitions for key terms; stroke volume, cardiac output, heart rate.</li> </ul>	
<p>Applied Anatomy; Respiratory System.</p> <ul style="list-style-type: none"> <li>- Structure of respiratory system (Label the lungs).</li> <li>- Role of intercostal muscles during respiration.</li> <li>- Oxygen and carbon dioxide exchange in alveoli.</li> <li>- Key points about alveoli (surface area, blood supply, thin walls).</li> <li>- Aerobic and anaerobic exercise, equations and products of both.</li> </ul>	
<p>Applied Anatomy; Short &amp; Long Term Effects</p> <ul style="list-style-type: none"> <li>- Short term effects on the muscular system.</li> <li>- Short term effects on the respiratory system.</li> </ul>	

<ul style="list-style-type: none"> <li>- Short term effects on the CVE system.</li> <li>- Long term effects on the Musculo-skeletal system (Muscular and skeletal).</li> <li>- Long term effects on the cardio-respiratory system (Cardiovascular and respiratory system).</li> </ul>	
<p>Physical Training; Components of Fitness</p> <ul style="list-style-type: none"> <li>- Definitions &amp; Examples of sports people that need each component of fitness.</li> <li>- Specific sporting examples of when especially they need each component of fitness.</li> </ul>	
<p>Physical Training; Fitness Testing</p> <ul style="list-style-type: none"> <li>- Explain why we use fitness testing in sports.</li> <li>- Name fitness test for each component of fitness.</li> <li>- Know the equipment, procedures and scoring process of each test.</li> </ul>	
<p>Physical Training; Principles of Training</p> <ul style="list-style-type: none"> <li>- Know why we use principles of training.</li> <li>- Explain each part of SPORV and apply to practical scenarios.</li> <li>- Explain each part of FITT and apply to practical scenarios.</li> </ul>	
<p>Physical Training: Training Methods</p> <ul style="list-style-type: none"> <li>- Types of Training; Continuous, fartlek, interval, weight, circuit, HIIT, Plyometric.</li> <li>- Know what each type of training is involved, give examples and give sports people that would use each type.</li> <li>- Advantages and disadvantages of each type of training.</li> </ul>	
<p>Physical Training: Warm Up and Cool Down</p> <ul style="list-style-type: none"> <li>- Parts of a warm up (Pulse raise, mobility, stretching, dynamic movements, skill rehearsal).</li> <li>- Reasons why we warm up.</li> <li>- Parts of a cool down (Low intensity exercise and stretching).</li> <li>- Reasons why we cool down.</li> <li>- Sporting examples of each part of warm up and cool down.</li> </ul>	
<p>Physical Training: Preventing Injuries</p> <ul style="list-style-type: none"> <li>- Risks of Injury (Clothing, warm up cool down, PPE, lift/carry equipment, competing at appropriate level).</li> <li>- Hazards in sports hall, fitness centres, fields, outdoor area, swimming pool.</li> </ul>	

