	1.1.a The structure and function of the skeletal system
KEY WORD	**Information**
Movement	
Support	
Protection	
Posture	
Blood cell production	
Storage of minerals	
Hinge joint	
Ball and socket joint	
Flexion	
Extension	
Rotation	
Abduction	
Adduction	
Circumduction	
Articulating bones	
Synovial joint	
Ligament	
Cartilage	
Tendons	

	1.1.b The structure and function of the muscular system
KEY WORD	Information
Abdominals	
Biceps	
Deltoid	
Gastrocnemius	
Gluteals	
Hamstrings	
Latissimus Dorsi	
Pectorals	
Trapezius	
Triceps	
Quadriceps	
Antagonist	
Antagonist	
Fixator	
Antagonistic muscle action	

	1.1.c Movement Analysis
KEY WORD	**Information**
1st Class Lever	
2nd Class Lever	
3rd Class Lever	
Frontal plane of movement	
Transverse plane of movement	
Sagittal plane of movement	
Frontal axes of rotation	
Transverse axes of rotation	
Sagittal axes of rotation	

	1.1.d The cardiovascular and respiratory systems
KEY WORD	**Information**
Arteries	
Capillaries	
Veins	
Atria	
Ventricles	
Bicuspid valve	
Tricuspid valve	
Semilunar valves	
Aorta	
Vena Cava	
Pulmonary Artery	
Pulmonary Vein	
Septum	
Heart Rate	
Stroke Volume	
Cardiac Output	
Red Blood Cell	
Vascular Shunt	
Vasoconstriction	
Vasodilation	

START OF TOPIC	1.1.e - The Effects of Exercise on the Body Systems
KEY WORD	**Information(should include if key word is a short or long term effect)**
Muscle temperature	
Heart rate	
Stroke volume	
Cardiac output	
Redistribution of blood flow during exercise	
Respiratory rate	
Tidal volume	
Minute ventilation	
Oxygen to the working muscles	
Lactic acid production	
Bone density	
Hypertrophy of muscle	
Muscular strength	
Muscular endurance	
Resistance to fatigue	
Hypertrophy of the heart	
Resting heart rate and resting stroke volume	
Cardiac output	
Rate of recovery	
Aerobic capacity	
Respiratory muscles	
Tidal volume and minute volume during exercise	
Capilliarisation	

	1.2.a – Components of fitness
KEY WORD	**Information**
Agility	
Balance	
Coordination	
Cardiovascular endurance	
Flexibility	
Muscular Endurance	
Power	
Reaction time	
Speed	
Strength	
Cooper run	
Multi-stage fitness test	
Illinois test	
Sit and reach test	
Standing Stork Stand	
Hand Grip Dynameter	
Standing Jump Test	
30m Sprint test	
Wall throw test	
Ruler drop test	
1 Minute sit up test	

	1.2.b - Applying the Principles of Training
KEY WORD	**Information**
Specificity	
Overload	
Progression	
Reversibility	
FITT principle	
Continuous training	
Fartlek training	
Interval training	
Circuit training	
Weight training	
Plyometrics	
HIIT	
Components of a warm up	
Physical benefits of a warm up	
Components of a cool down	
Physical benefits of a cool down	

END OF TOPIC	1.2.c - Preventing Risks in Physical Activity and Training
KEY WORD	**Information (Must include how keyword can be used to minimise risk)**
Personal protective equipment	
Correct clothing/footwear	
Appropriate level of competition	
Lifting and carrying equipment safely	
Use of warm up and cool down	
KEY WORD	**Information (Must include potential hazards that relate to the keyword)**
Sports hall	
Fitness centre	
Playing field	
Artificial outdoor areas	
Swimming pool	
KEY WORD	**Information (Define the injury)**
Spinal injury	
Sprain	
Strain	
Fracture	
Dislocation	
Blisters	

Sports Psychology

Key Word	Information
Motor Skill	
Skilful Movement	
Efficiency	
Pre-Determined	
Co-ordinated	
Fluent	
Aesthetic	
Simple Skills	
Complex Skills	
Open skills	
Closed skills	
SMART Goals	
Imagery	
Mental rehearsal	
Selective attention	
Positive thinking	

Visual Guidance	
Verbal Guidance	
Manual Guidance	
Mechanical Guidance	
Positive Feedback	
Negative Feedback	
Intrinsic Feedback	
Extrinsic Feedback	
Knowledge of Performance	
Knowledge of Results	