**You are advised to revise all areas for your final exam as there could be 1 or 2 mark questions from any section.**

**The sections highlighted in green are the key areas of focus for both your exam papers.**

Tick them off as you revise them!

Paper one

**Unit 1.1.a - The Structure and Function of the Skeletal System**

* The location of the 19 major bones in the body.
* The functions of the skeleton.
* The location of the hinge and ball and socket joints in the body.
* The types of movements possible at the joints of the body.
* The roles of ligaments, cartilage and tendons.

**Unit 1.1.b - The Structure and Function of the Muscular System**

* The location of the 11 major muscles in the body.
* The muscles that contract to create movement at each joint.
* The definitions and roles of the agonist, antagonist and fixator in an antagonistic muscle action.

**Unit 1.1.c - Movement Analysis**

* The three types of lever in the body and sporting examples of when they are used.
* The three planes of movement in the body.
* The three axes of rotation in the body.

**Unit 1.1.d - The Cardiovascular and Respiratory Systems**

* The three types of blood vessel.
* The pathway of blood through the heart.
* The definitions of heart rate, stroke volume, cardiac output, breathing rate, tidal volume and minute ventilation.
* The role of red blood cells.
* The process of gaseous exchange and the role of alveoli.
* The definitions of aerobic and anaerobic exercise with sporting examples.

**Unit 1.1.e - The Effects of Exercise on the Body Systems**

* The short term effects of exercise on the muscular system.
* The short term effects of exercise on the cardiovascular system.
* The short term effects of exercise on the respiratory system.
* The long term effects of exercise on the muscular system.
* The long term effects of exercise on the cardiovascular system.
* The long term effects of exercise on the respiratory system.
* The long term effects of exercise on the skeletal system.

**Unit 1.2.a - The Components of Fitness**

* The definitions and sporting examples of the components of fitness
* The fitness tests for the components of fitness.

**Unit 1.2.b - The Principles of Training**

* The definitions of the principles of training and how these are applied to increase fitness.
* The definitions of the elements of the FITT principle and how they can increase fitness.
* The methods of training and sporting examples of when these would be used.
* The benefits of and reasons for warming up and cooling down.

**Unit 1.2.c - Preventing Injury in Physical Activity and Training**

* The ways to prevent injury in physical activity and sport.
* The potential hazards in a range of physical activity and sport settings.

Paper 2

Tick them off as you revise them!

**Unit 2.1.a - Engagement Patterns of Different Social Groups in Physical Activity and Sport**

* Physical activity and sport in the UK.
* Participation in physical activity and sport.

**Unit 2.1.b - Commercialisation of Physical Activity and Sport**

* The different types of media.
* The meaning of commercialisation including the golden triangle (sport, sponsorship and the media).
* The positive and negative effects of sponsorship on commercialisation and sport.

**Unit 2.1.c - Ethical and Socio-Cultural Issues in Physical Activity and Sport**

* The definitions and examples of sportsmanship, gamesmanship and deviance.
* The effect of performance enhancing drugs (anabolic steroids, beta blockers

and stimulants) on performance.

* The side effects of performance enhancing drugs on the performer.
* The reasons for player violence in sport.

**Unit 2.2 - Sports Psychology**

* The characteristics of skilful movement.
* The difficulty and environmental continua with sporting examples.
* The characteristics of SMART goals and the importance of setting them.
* The mental preparation techniques used in sport.
* The types of guidance used in sport.
* The types of feedback used in sport.

**Unit 2.3 - Health, Fitness and Well-being**

* Health, fitness and well-being.
* Diet and nutrition