

YEAR	TERM 1 (Autumn)	TERM 2 (Spring)	TERM 3 (Summer)
<p>YEAR 12</p>	<p>APPLIED ANATOMY & PHYSIOLOGY:</p> <ul style="list-style-type: none"> • Cardiovascular system • Hormonal, neural & chemical regulation • Receptors • Respiratory system <p>SKILL ACQUISITION:</p> <ul style="list-style-type: none"> • Skill and practice • Information processing <p>SPORT & SOCIETY:</p> <ul style="list-style-type: none"> • Pre, industrial & post-industrial sports • Sociological theory 	<p>APPLIED ANATOMY & PHYSIOLOGY:</p> <ul style="list-style-type: none"> • Neuromuscular system, muscle fibres • Musculo-skeletal system • Joints/ movement <p>SKILL ACQUISITION:</p> <ul style="list-style-type: none"> • Learning theories • Guidance • Memory <p>SPORT & SOCIETY:</p> <ul style="list-style-type: none"> • Amateur vs professional • Emerging performers • Sociology of sport • Equal opportunities in sport <p>NEA (Non-examined assessment) – Performance analysis</p> <ul style="list-style-type: none"> • Preparation and structure of analysis and evaluation 	<p>APPLIED ANATOMY & PHYSIOLOGY:</p> <ul style="list-style-type: none"> • Energy Transfer in the body • Energy expenditure • VO2 max <p>SKILL ACQUISITION:</p> <ul style="list-style-type: none"> • Response Time • Schema Theory • Information Processing <p>SPORT & SOCIETY:</p> <ul style="list-style-type: none"> • Benefits of participation • Local & national partners <p>END OF YEAR EXAMS</p> <p>PREPARATION AND TRAINING METHODS</p> <ul style="list-style-type: none"> • Data • Training methods • Periodisation <p>NEA (Non-examined assessment) – Performance analysis</p> <ul style="list-style-type: none"> • Independent work on AA2 weakness, causes and corrections

YEAR 13	<p>BIOMECHANICAL PRINCIPLES:</p> <ul style="list-style-type: none"> • Factors affecting stability • Levers & linear motion • Projectile motion • Fluid mechanics <p>SPORT PSYCHOLOGY:</p> <ul style="list-style-type: none"> • Aspects of personality • Attitudes & anxiety <p>SPORT & SOCIETY:</p> <ul style="list-style-type: none"> • Concepts of physical activity • Elite performers • National governing bodies world class performance programmes <p>NEA (Non-examined assessment) – Performance analysis Independent work on AA3 weakness, causes and corrections.</p>	<p>EXERCISE PHYSIOLOGY:</p> <ul style="list-style-type: none"> • Diet & nutrition • Injury prevention & rehabilitation • Biomechanical movement <p>SPORT PSYCHOLOGY:ND THE REHABILITATION</p> <ul style="list-style-type: none"> • Group dynamics • Achievement goal theory • Self-efficacy • Strategies & leadership • Stress management <p>SPORT & SOCIETY:</p> <ul style="list-style-type: none"> • Drugs in sport / sport & the law • Impact of commercialisation 	<p>INJURY PREVENTION AND THE REHABILITATION OF INJURY</p> <ul style="list-style-type: none"> • Types of injury • Injury prevention methods • Injury rehabilitation methods • <p>REVISION:</p> <p>EXTERNAL EXAMS:</p>
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