

Unit: Applied Anatomy and Physiology	I can not recall	I can describe	I can explain	Apply with practical examples
Section 1.1 The structure and the function of the skeletal system				
1.1.a Label the bones of the skeleton				
1.1.b Understand the functions of the skeleton				
1.1.c Understand the location of hinge and ball& socket joints				
1.1 d Understand the movement allowed at joints and apply sporting examples to these movements.				
1.1 e Understand the roles of ligaments,tendons and cartilage				
Section 1.2 Structure and function of the Muscular System				
1.2.a Can label all the muscles in the body and know the location.				
1.2.b Understand how muscles work together and key terms such as agonist, antagonist and fixator muscles with examples.				
1.2.c Understand 1 st , 2 nd and 3 rd class levers and practical examples for these.				
1.2 d Understand the planes of movement and practical examples.				
Section 1.3 Movement Analysis				
1.3 a. Understand 1 st , 2 nd and 3 rd class levers and practical examples for these.				
1.3 b. Understand the planes of movement and practical examples.				
Section 1.4 The Cardiovasuclar and Respiratory System				
1.4 a. Understand the structure and the function of the cardiovascular system.				
1.4 b. Understand the structure and the function of Veins, Arteries and Capillaries.				
1.4 c. The be able to recall the pathway of blood				
1.4 d. To define Heart rate, stroke volume and cardiac output.				
1.4 e. To understand the structure and function of the respiratory system.				
1.4 f. To be able to explain the process of gaseous exchange.				
1.4 g. To explain the mechanisms of breathing in and out.				
1.4 h. To explain aerobic and anaerobic exercise and apply practical examples to these.				
Section 1.5 The effects of exercise on the body systems				
1.5 a. Understand the short term effects of exercise on the muscular system, cardiovascular system and the respiratory.				
1.5 b. Understand the long term effects of exercise on the muscular system, cardiovascular system, respiratory system and the skeletal system.				
Section 2.1 Components of Fitness				
2.1 a. Recall all the components of fitness				
2.1 b. Can explain the fitness test relevant to the component of fitness.				
Section 2.2 Principles of Training				
2.2 a. Can identify and explain the different principles of training.				
2.2 b. Understand how to optimise training by applying the FITT principle.				
2.2 c. Can put together a training programme which incorporates the Principles of Training.				
2.2 d. Understand the different methods of training and can identify which fitness component would be improved through each method.				
2.2 e. Can identify the key components of a warm up				
2.2 f. Understand the key benefits of a warm up.				
2.2 g. Understand the key components of a coll down and the benefits.				
Section 2.3 Preventing injury in physical activity and training				
2.3 a. Understand ways to minimise risk of injury				
2.3 b. Understand the importance of a Risk Assessment and hazards to consider when putting one together.				