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| Sport Studies Revision List Year 11 Mock 1 |
| Exam information:   |  | | --- | | Exam Board: Pearson Edexcel GCSE Physical Education  **Component 1- Fitness and Body Systems**  Length- 90 minutes  Topic 1- Applied anatomy and physiology  Topic 2- Movement analysis  Topic 3- Physical Training  **Component 2- Health and Performance**  Length- 45 Minutes  Topic 1- Health fitness and well being  Topic 2- Sport psychology |   Paper 1   |  |  |  | | --- | --- | --- | | **Applied anatomy and physiology** | Revised? | | | The structure and functions of the musculoskeletal system | |  | | The structure and functions of the cardiovascular system | |  | | The structure and functions of the cardio-respiratory system | |  | | Anaerobic and aerobic exercise | |  | | Short- and long-term effects of exercise | |  | | **Movement Analysis** | | | | Levers systems | |  | | Planes and axes of movements | |  | | **Physical Training** | | | | The relationship between health and fitness and the role that exercise plays in both | |  | | The components of fitness, benefits for sport and how fitness is measured and improved | |  | | The principles of training and their application to personal exercise/ training programmes | |  | | How to optimise training and prevent injury | |  | | Effective use of warm up and cool down | |  |   Paper 2   |  |  |  | | --- | --- | --- | | **Health fitness and well being** | Revised? | | | Physical, emotional and social health, fitness and wellbeing | |  | | The consequences of a sedentary lifestyle | |  | | Energy use, diet, nutrition and hydration | |  | | Skill Classification | |  | | **Sport psychology** | | | | Classification of skill |  | | |
| Revision Links |
| GCSE Bitesize- <https://www.bbc.co.uk/bitesize/examspecs/zxbg39q>  Use of paper revision guides provided.   Further revision guides  <https://www.cgpbooks.co.uk/secondary-books/gcse/physical-education/jer44-gcse-physical-education-edexcel>  <https://www.cgpbooks.co.uk/secondary-books/gcse/physical-education/jeq42-gcse-physical-education-edexcel-exam> |