

Topic



Applied Anatomy and Physiology

CV System

Respiratory System

Neuromuscular System

Musculo-Skeletal System

Energy Systems

Skill Acquisition

Skill Continuum and Transfer of Skill

Practice for Learning

Principles of Learning and Performance

Guidance and Feedback

General Info Processing Model

Efficiency and Info Processing

Sport and Society

Industrial Revolution and Post Industrial Revolution

Post WWII

Socialisation

Topic			
Exercise Physiology			
Diet and Nutrition			
Training Methods			
Injury Prevention			
Biomechanical Principles			
Biomechanics			
Motion			
Sport Psychology			
Personality, Attitudes, Arousal			
Anxiety/Aggression			
Motivation			
Social Facilitation/Group Dynamics/Goal Setting			
Goal Setting			
Attribution Theory/Self-Efficacy			
Leadership/Stress Management			

Topic



Sport & Society & Technology in Sport

Concepts of Physical Activity and Sport			
Development of Elite Performers			
Ethics and Violence in Sport			
Drugs in Sport			
Sport and the Law			
Commercialisation			
Role of Technology			

Which topic(s) do you feel most confident with?

Which topic(s) do you feel least confident with?
