







Topic			
Skeletal System			
Muscular System			
CV System			
Respiratory System			
Aerobic/Anaerobic Exercise			
Effects of Exercise			
Lever Systems			
Planes and Axes			
Components of Fitness			
Fitness Testing			
Principles of Training			
Training Methods & Fitness Classes			
Injury Prevention			
Performance Enhancing Drugs			

Topic			
Health and Fitness			
Well Being and Lifestyle Choice			
Consequences of a Sedentary Lifestyle			
Energy Use Diet and Nutrition			
Classification of Skill			
Practice and Goal Setting			
Guidance			
Feedback and Mental Preparation			
Engagement Patterns in Sport			
Commercialisation and Socio Cultural Issues			

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

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