

Topic



Applied Anatomy and Physiology

Skeletal System

Muscular System

CV System

Respiratory System

Energy Systems

Environmental Effects on Body Systems

Exercise Physiology

Diet and Nutrition

Preparation and Training Methods

Injury Prevention and Rehabilitation

Biomechanics

Biomechanics

Motion

Skill Acquisition

Skill Acquisition, Practice & Transfer

**Stages & Theories of Learning,
Guidance and Feedback**

Topic			
Sport Psychology			
Personality, Attitudes, Arousal			
Motivation, Anxiety, Aggression, Social Facilitation			
Goal Setting, Confidence, Attribution			
Leadership, Stress Management, Group Dynamics			
Sport & Society			
Health, Fitness and Wellbeing			
Sedentary Lifestyle			
Contemporary Issues of Sport			
Ethics and Deviance in Sport			
Commercialisation and Media			
Sporting Excellence and Modern Technology			

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

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