

Topic	  		
<b>Applied Anatomy and Physiology</b>			
<b>Skeletal System</b>			
<b>Muscular System</b>			
<b>CV System</b>			
<b>Respiratory System</b>			
<b>Energy Systems</b>			
<b>Environmental Effects on Body Systems</b>			
<b>Exercise Physiology</b>			
<b>Diet and Nutrition</b>			
<b>Preparation and Training Methods</b>			
<b>Injury Prevention and Rehabilitation</b>			
<b>Biomechanics</b>			
<b>Biomechanics</b>			
<b>Motion</b>			
<b>Skill Acquisition</b>			
<b>Skill Acquisition, Practice &amp; Transfer</b>			
<b>Stages &amp; Theories of Learning, Guidance and Feedback</b>			

**Topic****Sport Psychology**

<b>Personality, Attitudes, Arousal</b>			
<b>Motivation, Anxiety, Aggression, Social Facilitation</b>			
<b>Goal Setting, Confidence, Attribution</b>			
<b>Leadership, Stress Management, Group Dynamics</b>			

**Sport & Society**

<b>Health, Fitness and Wellbeing</b>			
<b>Sedentary Lifestyle</b>			

**Contemporary Issues of Sport**

<b>Ethics and Deviance in Sport</b>			
<b>Commercialisation and Media</b>			
<b>Sporting Excellence and Modern Technology</b>			

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

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

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