







Topic			
The Skeletal System			
The Muscular System			
Lever Systems			
Planes & Axes			
The Cardiovascular System			
The Respiratory System			
The Effects of Exercise on Body Systems			
The Components of Fitness			
Types of Training			
Fitness Testing			
The Principles of Training			
Preventing Injury			

Topic			
Engagement Patterns in Sport			
Ethical and Socio-Cultural Issues in Sport			
Sport Psychology			
Guidance and Feedback			
Ethical and Socio-Cultural Issues in Sport			
Health, Fitness and Wellbeing			
Diet and Nutrition			
Commercialisation			

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

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