

| Topic  |  |  |  |
|--|---|---|---|
| <b>The Skeletal System</b>                     |   |   |   |
| <b>The Muscular System</b>                     |   |   |   |
| <b>Lever Systems</b>                           |   |   |   |
| <b>Planes &amp; Axes</b>                       |   |   |   |
| <b>The Cardiovascular System</b>               |   |   |   |
| <b>The Respiratory System</b>                  |   |   |   |
| <b>The Effects of Exercise on Body Systems</b> |   |   |   |
| <b>The Components of Fitness</b>               |   |   |   |
| <b>Types of Training</b>                       |   |   |   |
| <b>Fitness Testing</b>                         |   |   |   |
| <b>The Principles of Training</b>              |   |   |   |
| <b>Preventing Injury</b>                       |   |   |   |

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