

GCSE PE

Component 1

- Functions of the skeleton
- Classification of bones
- Structure of skeletal system
- Classification and roles of muscles
- Antagonistic muscles
- Fast and slow twitch muscle fibres
- Structure and function of cardio vascular system
- Arteries, capillaries and veins
- Vascular shunting
- Components of blood
- Respiratory system
- Structure and function of Alveoli
- Energy sources anaerobic & aerobic short and long term effects of exercise
- Performance enhancing drugs
- Injury prevention

Component 2

- Physical, emotional & social health
- Lifestyle choices
- Impact of lifestyle choices
- Sedentary lifestyles & consequences
- Dietary manipulation for sport
- Optimum weight
- Goal setting & SMART targets
- Classification of skills
- Forms of practice
- Types of guidance & feedback
- Mental preparation for performance
- Sports psychology - Use of data
- Components of fitness
- Methods of training
- Principles of training