

Revision Checklist – Paper 1

Part One: Anatomy & Physiology

Topic		Notes	😊	😐	😞
Section 1: Skeletal & Muscular Systems					
1.1	The Skeletal System				
1.2	The Muscular System				
1.3	Muscle Fibre Types and Exercise Intensity				
Section 2: Cardiovascular & Respiratory Systems					
2.1	The Cardiovascular System				
2.2	The Cardiac Cycle				
2.3	The Conduction System of the Heart				
2.4	Heart Rate, Stroke Volume and Cardiac Output				
2.5	Heart Rate Regulation				
2.6	The Vascular System				
2.7	The Respiratory System				
2.8	Mechanics of Breathing				
2.9	Respiratory Regulation				
2.10	Gaseous Exchange				
Section 3: Energy for Exercise					
3.1	Adenosine Triphosphate (ATP)				
3.2	ATP-PC System				
3.3	Glycolytic System				
3.4	Aerobic System				
3.5	Energy Continuum				
3.6	The Recovery Process				
Section 4: Environmental Impacts on the Body					
4.1	Altitude				
4.2	Heat				



Revision Checklist – Paper 1

Part Two: Exercise Physiology & Biomechanics

Topic		Notes	😊	😐	😞
Section 1: Diet and Nutrition					
1.1	Healthy and Balanced Diets				
1.2	Energy Intake, Expenditure and Balance				
1.3	Ergogenic Aids				
Section 2: Training Methods					
2.1	Training				
2.2	Aerobic Training				
2.3	Strength Training				
2.4	Flexibility Training				
2.5	Impact of Training on Lifestyle Diseases				
Section 3: Injury Prevention					
3.1	Acute Injuries				
3.2	Chronic Injuries				
3.3	Injury Prevention				
3.4	Injury Response				
3.5	Injury Rehabilitation				
3.6	Treatment of Common Injuries				
Section 4: Biomechanical Principles					
4.1	Newton's Laws of Motion				
4.2	Force				
4.3	Analysis through the use of technology				
4.4	Centre of Mass, Stability and Lever Systems				
Section 5: Motion					
5.1	Linear Motion				
5.2	Angular Motion				
5.3	Fluid Mechanics				
5.4	Projectile Motion				

