## **Physical Education**

## **Component 1:** Topic 3– Physical Training

Mark on how confident you are with each topic and what you need to do, use this as a checklist for your revision notes and then to keep track of the topics you have revised. Tick and date once you have completed the tasks.

I could I would I can red to remem look at my notes		Id I can not remember my s	What do I need to do to improve my understanding – create a mind map, write revision note cards, use online tests, attempt some practice question papers, read and highlight my notes  OR  Who do I need to seek support from to help me progress	I have made my revision notes on this topic	I have revised this topic	I am confident on this topic	Evidence
The relationship between health and f	itness and the role	that exercise p	lays in both				
Definitions of fitness, health, exercise and performance and the relationship between them  The components of fitness, benefits	for sport and how f	itness is meas	ured and improved				
Components of fitness							
Fitness tests							
Collection and interpretation of data from fitness test results							
Fitness tests for specific components of fitness							
How fitness is improved							
The principles of training and their ap	oplication to perso	nal exercise/ tr	aining programmes	1	1	<u>I</u>	1
Planning training using the principles of training							

Factors to consider when deciding						
the most appropriate						
training methods The use of different training						
methods for specific						
components of fitness						
The long-term effects of exercise						
Long-term effects of aerobic and						
anaerobic training						
Long-term training effects						
Long-term training effects and						
benefits on the musculo-skeletal						
system						
Long-term training effects and						
benefits on the cardio-respiratory	<u> </u>					
How to optimise training and prevent i	injury					
The use of a PARQ to assess						
personal readiness for training						
Injury prevention						
Injuries that can occur in physical						
activity and sport						
RICE						
Performance-enhancing drugs						
Effective use of warm up and cool dow	vn	<b>.</b>		I		
The purpose and importance of						
warm-ups and cool downs						
Phases of a warm-up						
Activities included in warm-ups						
and cool downs						

Review of previous examinations	s:		