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| 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 | | | | | | | | |
| How to optimise training and prevent 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 down | | | | | | | | |
| 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: