

Revision (5–6 weeks from exam)

Session	Topic	Subtopic	Important lessons	Done
1	Health Priorities in Australia	Identifying Health Priorities	<u>Measuring Health Status,</u> <u>Identifying Priority Health Issues</u>	<input type="radio"/>
		Actions to Address Australian Health Priorities	<u>Responsibilities and Partnerships in Health Promotion,</u> <u>Health Promotion and Social Justice</u>	<input type="radio"/>
2		Australia’s Health Priorities	Groups Experiencing Health Inequities – ATSI and Older People, A Growing and Ageing Population	<input type="radio"/>
3		The Role of Health Care and Services	<u>Healthcare Expenditure vs. Early Intervention and Prevention,</u> <u>Emerging New Treatments and Technologies,</u> <u>Complementary and Alternative Healthcare</u>	<input type="radio"/>
4	Factors Affecting Performance	Training and Performance	<u>Energy Systems, Principles of Training,</u> <u>Physiological Adaptations in Response to Training, Types of Training</u> (<u>Aerobic, Strength, Anaerobic</u> and <u>Flexibility</u>)	<input type="radio"/>
5		Psychology and Performance	<u>Motivation, Anxiety, Arousal,</u> <u>Concentration and Attention Strategies</u>	<input type="radio"/>
6		Nutrition and Recovery Strategies	<u>Supplementation, Recovery Strategies</u>	<input type="radio"/>
		Skill Acquisition and Performance	<u>Stages of Skill Acquisition,</u> <u>The Performance Elements, Feedback,</u> <u>Assessment of Skill and Performance</u>	<input type="radio"/>
7	Option: Improving Performance	Training Strategies to Improve Performance	<u>Strength, Aerobic, Anaerobic</u> and <u>Flexibility Training</u>	<input type="radio"/>
		Planning Considerations to Improve Performance	<u>Planning a Training Year (Periodisation),</u> <u>Elements to be Considered When Designing a Training Session</u>	<input type="radio"/>
		Ethical Considerations to Improve Performance	<u>Use of Drugs, Use of Technology</u>	<input type="radio"/>
8	Option: Sports Medicine	Injury Classification and Management	<u>Soft Tissue Injuries, Hard Tissue Injuries</u>	<input type="radio"/>
		Addressing the Specific Athlete’s Demands	<u>Children and Young Athletes,</u> <u>Adult and Aged Athletes</u>	<input type="radio"/>
		Actions to Prevent Injury	<u>Physical Preparation,</u> <u>Environmental Considerations</u>	<input type="radio"/>
		Injury Rehabilitation	<u>Rehabilitation Procedures</u>	<input type="radio"/>

Practice (3–4 weeks from exam)

Session	Topic	Subtopic	Confidence	Done
9	Health Priorities in Australia	Identifying Health Priorities	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
		Actions to Address Australian Health Priorities	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
10		Australia’s Health Priorities	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
11		The Role of Health Care and Services	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
12	Factors Affecting Performance	Training and Performance	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
13		Psychology and Performance	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
14		Nutrition and Recovery Strategies	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
		Skill Acquisition and Performance	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
15	Option: Improving Performance	Training Strategies to Improve Performance	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
		Planning Considerations to Improve Performance	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
		Ethical Considerations to Improve Performance	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
16	Option: Sports Medicine	Injury Classification and Management	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
		Addressing the Specific Athlete’s Demands	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
		Actions to Prevent Injury	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
		Injury Rehabilitation	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>