

Revision (5–6 weeks from exam)

| Session | Topic | Subtopic | Important lessons | Done |
|---------|--------------------------|--------------------------------------|--|-----------------------|
| 1 | Unit 3: Area of Study 1 | Movement Skills | <u>Motor Skills</u> , <u>Factors Affecting the Skill Learning Process</u> , <u>Movement Analysis</u> | <input type="radio"/> |
| | | Coaching and Learning | <u>Direct and Constraints Based Approaches to Learning</u> , <u>The 3 Stages of Learning</u> , <u>Practice Strategies</u> , <u>Feedback</u> | <input type="radio"/> |
| 2 | Biomechanical Principles | Describing Motion | <u>Displacement</u> , <u>Velocity</u> , <u>Acceleration</u> , <u>Linear</u> , <u>Angular</u> and <u>General Motion</u> | <input type="radio"/> |
| | | Forces | <u>Forces</u> , <u>Newton's Laws</u> | <input type="radio"/> |
| 3 | | Levers and Stability | <u>Classes of Levers</u> , <u>Balance and Stability</u> , <u>Centre of Gravity</u> | <input type="radio"/> |
| | | Projectile Motion | <u>Projectile Motion</u> | <input type="radio"/> |
| 4 | Unit 3: Area of Study 2 | Energy Systems | <u>ATP Energy Systems</u> | <input type="radio"/> |
| | Unit 4: Area of Study 1 | Fitness Components | <u>Aerobic</u> , <u>Anaerobic</u> and <u>Other Fitness Components</u> | <input type="radio"/> |
| 5 | Unit 4: Area of Study 2 | Training Data and Principles | <u>Monitoring Training Data</u> , <u>Principles of Training</u> | <input type="radio"/> |
| 6 | | Training Methods | <u>Aerobic</u> , <u>Strength</u> , <u>Anaerobic</u> and <u>Flexibility Training</u> | <input type="radio"/> |
| 7 | | Psychological Strategies | <u>Arousal</u> , <u>Self-Confidence Strategies</u> , <u>Motivation</u> , <u>Mental Imagery</u> , <u>Relaxation Techniques</u> | <input type="radio"/> |
| 8 | | Nutrition and Rehydration Strategies | <u>Pre-Performance</u> , <u>During-Performance</u> , <u>Post-Performance Nutrition and Hydration</u> | <input type="radio"/> |
| | | Chronic Adaptations to Training | | <input type="radio"/> |

Practice (3–4 weeks from exam)

| Session | Topic | Subtopic | Confidence | Done |
|---------|--------------------------|--------------------------------------|---|------------------------|
| 9 | Unit 3: Area of Study 1 | Movement Skills | <div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div></div> |
| | | Coaching and Learning | <div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div></div> |
| 10 | Biomechanical Principles | Describing Motion | <div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div></div> |
| | | Forces | <div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div></div> |
| 11 | | Levers and Stability | <div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div></div> |
| | | Projectile Motion | <div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div></div> |
| 12 | Unit 3: Area of Study 2 | Energy Systems | <div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div></div> |
| | Unit 4: Area of Study 1 | Fitness Components | <div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div></div> |
| 13 | Unit 4: Area of Study 2 | Training Data and Principles | <div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div></div> |
| 14 | | Training Methods | <div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div></div> |
| 15 | | Psychological Strategies | <div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div></div> |
| 16 | | Nutrition and Rehydration Strategies | <div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div></div> |
| | | Chronic Adaptations to Training | <div><div></div><div></div><div></div><div></div><div></div><div></div></div> | <div><div></div></div> |