

Revision (5–6 weeks from exam)

Session	Topic	Subtopic	Important Lessons	Done
1	Unit 3	Developing Physical Skills and Tactics		<input type="radio"/>
		Motor Learning and Coaching	<u>The Transfer of Learning, Movement Analysis, Leadership Styles</u>	<input type="radio"/>
2		Functional Anatomy	<u>The Sliding Filament Theory</u>	<input type="radio"/>
3		Biomechanics	<u>Classes of Levers, Torque</u>	<input type="radio"/>
4		Exercise Physiology	<u>Pre-Performance Nutrition and Hydration, During-Performance Nutrition and Hydration, Post-Performance Nutrition and Hydration, Performance Enhancing Substances</u>	<input type="radio"/>
		Sport Psychology	<u>Relaxation Techniques, Pre-Performance Routines and Imagery, Goal Setting</u>	<input type="radio"/>
5	Unit 4	Developing Physical Skills and Tactics		<input type="radio"/>
		Motor Learning and Coaching		<input type="radio"/>
6		Functional Anatomy	<u>The Function of the Nervous System and Relationship to Muscle Contraction, Fast and Slow Twitch Muscle Fibres</u>	<input type="radio"/>
		Biomechanics		<input type="radio"/>
7		Exercise Physiology	<u>Periodisation Plans, Recovery Strategies</u>	<input type="radio"/>
8		Sport Psychology	<u>Carron's Model of Group Cohesion</u>	<input type="radio"/>

Practice (3–4 weeks from exam)

Session	Topic	Subtopic	Confidence	Done
9	Unit 3	Developing Physical Skills and Tactics	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
		Motor Learning and Coaching	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
10		Functional Anatomy	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
11		Biomechanics	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
12		Exercise Physiology	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
		Sport Psychology	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
13	Unit 4	Developing Physical Skills and Tactics	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
		Motor Learning and Coaching	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
14		Functional Anatomy	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
		Biomechanics	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
15		Exercise Physiology	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
16		Sport Psychology	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>