

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"/>
		Australia’s Health Priorities	<u>Groups Experiencing Health Inequities: ATSI and Older People</u> , <u>A Growing and Ageing Population</u>	<input type="radio"/>
2		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"/>
3	Factors Affecting Performance	Actions to Address Australian Health Priorities	<u>Responsibilities and Partnerships in Health Promotion</u> , <u>Health Promotion and Social Justice</u>	<input type="radio"/>
4		Training and Performance	<u>Energy Systems</u> , <u>Principles of Training</u> , <u>Physiological Adaptations in Response to Training</u> , <u>Types of Training (Aerobic, Strength, Anaerobic and Flexibility)</u>	<input type="radio"/>
5		Psychology and Performance	<u>Motivation</u> , <u>Anxiety</u> , <u>Arousal</u> , <u>Concentration and Attention Strategies</u>	<input type="radio"/>
6		Nutrition and Recovery Strategies	<u>Supplementation</u> , <u>Recovery Strategies</u>	<input type="radio"/>
		Skill Acquisition and Performance	<u>Stages of Skill Acquisition</u> , <u>The Performance Elements</u> , <u>Feedback</u> , <u>Assessment of Skill and Performance</u>	<input type="radio"/>
7		Training Strategies to Improve Performance	<u>Strength</u> , <u>Aerobic</u> , <u>Anaerobic</u> and <u>Flexibility Training</u>	<input type="radio"/>
	Option: Improving Performance	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</u> , <u>Use of Technology</u>	<input type="radio"/>
8		Injury Classification and Management	<u>Soft Tissue Injuries</u> , <u>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>
		Australia’s Health Priorities	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
10		The Role of Health Care and Services	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div></div>
11		Actions to Address Australian Health Priorities	<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>