



**Granville  
Sports College**



**GCSE Revision  
Topics  
2016 - 2018**

**Subject – Physical Education**

Topic	Detail about topic	Tick/date when revised				
Anatomy & Physiology	The skeletal system					
	The muscular system					
	The cardiovascular system					
	The respiratory system					
	Aerobic & anaerobic exercise					
	Short term effects of exercise					
	Long term effects of exercise					
	Movement analysis					
	Lever systems					
	Planes and axis of movement					
Physical training	Health and fitness					
	Components of fitness					
	Fitness testing					
	Principles of training					
	Training target thresholds					
	Training methods					
	Preventing injuries					
	Injuries and treatment					
Performing enhancing drugs						
Health, fitness & well-being	Lifestyle choices					
	Sedentary lifestyle					
	Diet and nutrition					
	Diet, nutrition and performance					
	Optimum weight					
Sports Psychology	Skills and practice					
	Goal setting					
	Guidance and feedback					
Sport, Society and culture	Influences on participation					
	Commercialisation					
	Sporting behaviour					