



GCSE Revision Topics 2017 - 2019 Physical Education

Topic	Tick/date when revised				
Anatomy and 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 and Wellbeing					
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					

