

AQA Unit Award Level 1 – Anatomy and Physiology for Sport (105226)

Year	Autumn		Spring		Summer	
	HT1	HT2	HT3	HT4	HT5	HT6
Y11 Theory	The Skeletal System <ul style="list-style-type: none"> Bones and Functions Types of Bones Types of Joints Synovial Joints Joint Actions Spine & Posture The Muscular System <ul style="list-style-type: none"> Types of Muscle Muscles Muscle Structure Muscle Movement Muscle Contractions Muscle Fibre Types 	The Respiratory System <ul style="list-style-type: none"> Respiratory System Functions Respiratory System Structure Gaseous Exchange Respiratory Measures Respiratory Changes The Cardiovascular System <ul style="list-style-type: none"> Blood Vessels Blood Redistribution Structure of the Heart Cardiac Cycle Cardiac Measurements Blood pressure Energy Systems 	Components of Fitness <ul style="list-style-type: none"> Health Related Fitness Skill Related Fitness Goal Setting <ul style="list-style-type: none"> SMART targets 	Fitness Programme <ul style="list-style-type: none"> Health and safety Warm-ups, stretches and cool downs Fitness programmes 	Nutrition <ul style="list-style-type: none"> The 7 Nutrients Food Diary Sports snacks and drinks Nutrition Quiz 	
Y11 Practical	Fitness Testing & Training <ul style="list-style-type: none"> Fitness testing Principles of Training <ul style="list-style-type: none"> SPORT FITT 	Training Methods <ul style="list-style-type: none"> Circuit Continuous Fartlek Interval Weight Plyometric Flexibility 	Fitness Programme <ul style="list-style-type: none"> Health and safety Warm-ups, stretches and cool downs Fitness testing Goal setting Cardiovascular equipment Using weights, reps and sets 	Fitness Programme <ul style="list-style-type: none"> Health and safety Warm-ups, stretches and cool downs Fitness testing Goal setting Cardiovascular equipment Using weights, reps and sets 	Fitness Programme <ul style="list-style-type: none"> Health and safety Warm-ups, stretches and cool downs Fitness testing Goal setting Cardiovascular equipment Using weights, reps and sets 	

AQA Unit Award Level 1 – Devising and Carrying Out Own Health and Fitness Programme (78142)