

Topic 1: Applied anatomy and physiology - PAPER 1

1.1 The structure and functions of the musculoskeletal system

[Skeletal System GCSE Pods](#)

[Muscular System GCSE Pods](#)

[Musculoskeletal System GCSE Pods](#)

[Musculoskeletal System II GCSE Pods](#)

[Skeletal System BBC Bitesize](#)

[Muscular System BBC Bitesize](#)

1.1.2 Classification of bones [Bones Seneca Task](#)

1.1.3 Structure [Bones Seneca Task](#)

1.1.6 The role of ligaments and tendons [Tendons and Ligaments Seneca Task](#)

1.1.7 Classification and characteristics of muscle types [Muscles Seneca Task](#)

1.1.8 Location and role of the voluntary muscular system to work with the skeleton

[Muscles Seneca Task](#)

1.1.10 Characteristics of fast and slow twitch muscle fibre types

1.1.11 How the skeletal and muscular systems work together

[Seneca Topic Test Musculoskeletal System](#)

1.2 The structure and functions of the cardiorespiratory system

[Cardiorespiratory System GCSE Pods](#)

[Cardiorespiratory System II GCSE Pods](#)

[Cardiorespiratory System III GCSE Pods](#)

[Cardiorespiratory System IIII GCSE Pods](#)

[Cardiovascular System BBC Bitesize](#)

[Respiratory System BBC Bitesize](#)

1.2.2 Structure of the cardiovascular system [Structure of heart Seneca Task](#)

[Cardiac Cycle Seneca Task](#)

1.2.5 Function and importance of red and white blood cells, platelets and plasma

1.2.6 Composition of inhaled and exhaled air [Mechanics of Breathing Seneca Task](#)

1.2.7 Vital capacity and tidal volume, and change in tidal volume [The Lungs Seneca](#)

[Task](#)

1.2.8 Location of main components of respiratory system [Pathway of air Seneca](#)

[Task](#)

1.2.10 How the cardiovascular and respiratory systems work together

[Seneca Topic Test Cardiorespiratory System](#)

1.3 Anaerobic and aerobic exercise

[Aerobic and Anaerobic GCSE Pod](#)

[Aerobic and Anaerobic II GCSE Pod](#)

[Aerobic and Anaerobic III GCSE Pod](#)

[Aerobic and Anaerobic BBC Bitesize](#)

[Aerobic and Anaerobic Respiration Seneca Task](#)

Topic 2: Movement analysis

[Movement Analysis GCSE Pods](#)

[Lever Systems GCSE Pods](#)

[Planes and Axes GCSE Pods](#)

[Movement Analysis BBC Bitesize](#)

2.1 Lever systems

2.1.1 First, second and third class levers

[Lever Systems GCSE Pods](#)

[Lever Systems Seneca Task](#)

2.1.2 Mechanical advantage and disadvantage

[Mechanical Advantage / Disadvantage GCSE Pod](#)

[Mechanical Advantage Seneca Task](#)

2.2 Planes and axes of movement

[Planes and Axes GCSE Pods](#)

[Planes of Movement Seneca Task](#)

Seneca Topic Test Movement Analysis

Topic 3: Physical training

3.3 The principles of training and their application to personal exercise/ training programmes

[Principles and Methods of Training GCSE Pods](#)

[Principles and Methods of Training II GCSE Pods](#)

[Principles of Training BBC Bitesize](#)

3.3.1 Planning training using the principles of training

[Principles of Training GCSE Pods](#)

[Types of Training Seneca Task](#)

3.3.2 Factors to consider when deciding the most appropriate training methods and training intensities for different physical activities and sports

[Training Methods GCSE Pods](#)

[Threshold of Training GCSE Pod](#)

[Methods of Training BBC Bitesize](#)

3.3.3 The use of different training methods for specific components of fitness, physical activity and sport

[Continuous and Interval Training Seneca Task](#)

[Fartlek and Plyometric Seneca Task](#)

[Weight and Fitness Training Seneca Task](#)

3.4 The long-term effects of exercise

[Long Term Effects GCSE Pod](#)

3.5 How to optimise training and prevent injury

[PEDs in Sport GCSE Pods](#)

[Drugs in Sport Seneca Task](#)

[Seneca Topic Test Training Types and Optimisation](#)

Topic 4: Use of data

4.1 Use of data

[Data GCSE Pod](#)

[Use of Data GCSE Pod](#)

Topic 1: Health, fitness and well-being - PAPER 2

1.3 Energy use, diet, nutrition and hydration

[Diet GCSE Pod](#)

[Diet and Nutrition GCSE Pod](#)

[Diet and Nutrition BBC Bitesize](#)

[Obesity Seneca Task](#)

[Diet Seneca Task](#)

[Hydration Seneca Task](#)

[Dietary Needs Seneca Task](#)

[Seneca Topic Test Health Fitness and Well-Being](#)

Topic 2: Sport psychology

[Sports Psychology GCSE Pods](#)

2.1 Classification of skills (basic/ complex, open/closed)

[Skill Classification GCSE Pod](#)

[Skill Classification BBC Bitesize](#)

[Skill Seneca Task](#)

[Types of Skill Seneca Task](#)

2.2 The use of goal setting and SMART targets to improve and/or optimise performance

[Goal Setting GCSE Pods](#)

[Target Setting BBC Bitesize](#)

[Goals and Targets Seneca Task](#)

2.3 Guidance and feedback on performance

[Guidance and Feedback GCSE Pods](#)

[Guidance BBC Bitesize](#)

[Guidance Seneca Task](#)

[Seneca Topic Test Sports Psychology](#)

Topic 3: Socio-cultural influences

[Socio-Cultural Influences GCSE Pods](#)

3.2 Commercialisation of physical activity and sport

[Commercialisation GCSE Pod](#)

[Commercialisation II GCSE Pod](#)

[Commercialisation BBC Bitesize](#)

[Media Seneca Task](#)

[Commercialisation Seneca Task](#)

[Commercialisation II Seneca Task](#)

[Sponsorship Seneca Task](#)

[Arguments for Sponsorship Seneca Task](#)

[Impact of Sponsorship Seneca Task](#)

3.3 Ethical and socio-cultural issues in physical activity and sport

[Sportsmanship and Inequality Seneca Task](#)

[Ethical and Social Issues GCSE Pod](#)

[Ethical and Social Issues II GCSE Pod](#)

[Ethical Factors BBC Bitesize](#)

Seneca Topic Test Socio-Cultural Influences

Exam Skills, Techniques and Questions

[Exam Techniques BBC Bitesize](#)

[Sample Exam Questions BBC Bitesize](#)