

Week beginning	A&P <i>PMC</i>	Sports Psychology <i>RBU</i>	Socio-cultural issues in physical activity and sport <i>LBK</i>
21 st April	All joint movement analysis to include ankle, knee, hip, elbow, shoulder. Also, muscles, articulating bones, types and planes of movement along with muscular contractions.	<p>Classification of Skill:</p> <p>Understand what a skill is. Difficulty Environmental Pacing Muscular Continuity Organisation</p> <p>Types & methods of practice including pros / cons</p> <p>Part Whole Whole part whole Progressive part Massed Distributed Fixed Varied</p>	<p>The Modern Olympic Games.</p> <ul style="list-style-type: none"> • Background • Aims • Philosophy • Values <p>Political exploitation of the Olympic Games.</p> <ul style="list-style-type: none"> • Berlin 1936, Third Reich Ideology. • Mexico City 1968 'Black Power' demonstration. • Munich 1972 Palestinian Terrorism. • Moscow 1980 boycott lead by USA. • Los Angeles 1984 boycott by Soviet Union.
28 th April	Muscle fibre types, motor neurons, all or none law.	<p>Transfer of skills:</p> <p>Positive Negative Proactive Retroactive Bilateral</p> <p>Stages of learning:</p> <p>Cognitive Associative Autonomous</p>	<p>Hosting Global Sporting Events. Positive and negative impacts on the host country/city.</p> <ul style="list-style-type: none"> • Sporting impact. • Social impact. • Economic impact. • Political impact
5 th May	Cardiac and conduction system at rest. CV system during exercise. Vascular shunt mechanism & role of vasomotor control.	<p>Learning Theories:</p> <p>Operant conditioning Thorndike's Laws Observational Learning Cognitive Theory Evaluation of each theory</p>	<p>How has CLASS shaped the characteristics of and participation in sport.</p> <ul style="list-style-type: none"> • Pre – industrial • Post – industrial • 20th C • 21st C <p>How has this <i>changed & developed</i> over time.</p> <p>Positives & negatives</p>

12 th May	Mechanisms of venous return. Regulation of HR during exercise with neural, hormonal and intrinsic factors.	Guidance: Verbal, visual, mechanical, manual Ads & disads Feedback: Intrinsic Extrinsic Positive Negative Results Performance	How has GENDER shaped the characteristics of and participation in sport. <ul style="list-style-type: none"> • Pre – industrial • Post – industrial • 20th C • 21st C How has this <i>changed & developed</i> over time. Positives & negatives
19 th May	Respiratory system at rest an impact of exercise on mechanics of breathing. Influence of neural and chemical control on respiratory system when exercise starts. Effect of exercise on gas exchange & oxydissociation curve	Individual Differences: Personality Attitudes Triadic Model Changing attitudes Motivation	How has AMATERU & PROGRESSIONALISM shaped the characteristics of and participation in sport. <ul style="list-style-type: none"> • Pre – industrial • Post – industrial • 20th C • 21st C How has this <i>changed & developed</i> over time. Positives & negatives
26 th May	. Diet and nutrition. Energy intake v energy expenditure. BMR, MET values. Ergogenic aids: Pharmacological, physiological & nutritional.	Individual Differences: Arousal Drive Inverted U Catastrophe Anxiety	How has TRANSPORT shaped the characteristics of and participation in sport. <ul style="list-style-type: none"> • Pre – industrial • Post – industrial • 20th C • 21st C How has this <i>changed & developed</i> over time. Positives & negatives
2 nd June	Components of fitness: Aerobic capacity, flexibility & strength. Definitions, tests, affecting factors, methods of training and adaptations	Individual Differences: Anxiety Zone of operational functioning Effects of anxiety Aggression Instinct Frustration Aggression	How have TIME & MONEY shaped the characteristics of and participation in sport. <ul style="list-style-type: none"> • Pre – industrial • Post – industrial • 20th C • 21st C How has this <i>changed & developed</i> over time. Positives & negatives
9 th June (Exams have begun)	Recap difficult topics and look over exam questions. Revise the most recent content if it is not on the revision schedule		