

**PHYSIOLOGICAL FACTORS Revision Programme 2019**

<b>Week starting Monday</b>	<b>Topic</b>	<b>Textbook Pages</b>
<b>11/03</b>	Skeletal & Muscular Systems <ul style="list-style-type: none"> <li>• Joints, movements, muscles &amp; planes of movement</li> <li>• Functional roles of muscles &amp; types of contraction</li> <li>• Skeletal muscle contraction (how it contracts)</li> <li>• Muscle fibre types</li> </ul>	Textbook 1 Pages 2-26
<b>18/03</b>	Diet & Nutrition Ergogenic Aids	Textbook 1 Pages 62-81
<b>25/03</b>	BIOMECHANICS I <ul style="list-style-type: none"> <li>• Newton's Laws</li> <li>• Force &amp; Stability</li> <li>• Levers</li> <li>• Analysis through use of technology</li> </ul>	Textbook 1 Pages 118-143
<b>01/04</b>	Cardiovascular System <ul style="list-style-type: none"> <li>• HR/SV/Q (at rest &amp; during exercise)</li> <li>• Conduction system &amp; cardiac cycle</li> <li>• Redistribution of Q (vascular shunt / VCC)</li> <li>• Mechanisms of VR</li> <li>• CCC</li> </ul>	Textbook 1 Pages 27-43
<b>08/04</b>	Respiratory System <ul style="list-style-type: none"> <li>• f/TV/VE (at rest &amp; during exercise)</li> <li>• Mechanics of breathing (at rest &amp; during exercise)</li> <li>• RCC</li> <li>• Gaseous exchange</li> </ul>	Textbook 1 Pages 43-61



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Week starting Monday	Topic	Textbook Pages
15/04	Preparation & Training Methods <ul style="list-style-type: none"><li>Aerobic / Strength / Flexibility</li><li>Principles of training &amp; periodisation</li><li>Impact of training on lifestyle diseases</li></ul>	Textbook 1 Pages 82-117
22/04	ATP & Energy Systems & Energy Continuum Recovery Process	Textbook 2 Pages 2-23
29/04	Injury	Textbook 2 Pages 34-69
06/05	Exercise At Altitude Exercise In The Heat	Textbook 2 Pages 23-33
13/05	BIOMECHANICS 2 <ul style="list-style-type: none"><li>Linear &amp; angular motion</li><li>Fluid mechanics</li><li>Projectile motion</li></ul>	Textbook 2 Pages 70-111
20/05	20 Mark Question Practice (All topics)	