

PHYSIOLOGICAL FACTORS Revision Programme 2024

Week starting Monday	Topic	Textbook Pages
04/03	Skeletal & Muscular Systems <ul style="list-style-type: none"> • Joints, movements, muscles & planes of movement • <i>Functional roles of muscles & types of contraction</i> • <i>Skeletal muscle contraction (how it contracts)</i> • <i>Muscle fibre types</i> 	Textbook 1 Pages 2-26
11/03	Diet & Nutrition Ergogenic Aids	Textbook 1 Pages 62-81
18/03	BIOMECHANICS 1 <ul style="list-style-type: none"> • Newton's Laws • Force & Stability • Levers • <i>Analysis through use of technology</i> 	Textbook 1 Pages 118-143
25/03	ATP & Energy Systems & Energy Continuum Recovery Process	Textbook 2 Pages 2-23
01/04	Injury	Textbook 2 Pages 34-69
08/04	BIOMECHANICS 2 <ul style="list-style-type: none"> • Linear & angular motion • <i>Fluid mechanics</i> • <i>Projectile motion</i> 	Textbook 2 Pages 70-111



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15/04	Cardiovascular System <ul style="list-style-type: none">• HR/SV/Q (<i>at rest & during exercise</i>)• Conduction system & cardiac cycle• Redistribution of Q (<i>vascular shunt / VCC</i>)• Mechanisms of VR• CCC	Textbook 1 Pages 27-43
22/04	Respiratory System <ul style="list-style-type: none">• <i>f</i>/TV/VE (<i>at rest & during exercise</i>)• Mechanics of breathing (<i>at rest & during exercise</i>)• RCC• Gaseous exchange	Textbook 1 Pages 43-61
29/04	Preparation & Training Methods <ul style="list-style-type: none">• <i>Aerobic / Strength / Flexibility</i>• <i>Principles of training & periodisation</i>• <i>Impact of training on lifestyle diseases</i>	Textbook 1 Pages 82-117
06/05	Exercise At Altitude <i>Exercise In The Heat</i>	Textbook 2 Pages 23-33
13/05	20 Mark Question Practice (All topics) Consolidation of All Topics	
20/05	FINAL EXAM PREPARATION Physiology Exam—Friday 24th May	