

SPORT STUDIES

The students do not begin exam content until year 11 as year 10 is coursework focused. However, there is some content that has a cross over and is crucial for the coursework and the exam so these are the topics the exam will focus on.

Components of fitness

- Definitions
- Practical application
- Sporting examples

Warm up/cool down

- Aspects of a warmup
- Aspects of a cool down
- Why is warming up important
- Why is cooling down important
- Be able to write a sporting example

Methods of training

- Continuous
- Fartlek
- Interval
- Plyometric
- Circuit
- Weight
- Flexibility