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| **What will we be learning?**   * **Exercise Physiology** | **Why this? Why now?**  This unit is a compulsory for the A level course which will be examined through the H555/01 paper at the end of year 13. | **Key Words:**  Carbohydrate  Fibre  Protein  Fat  Minerals  Vitamins  Human growth hormone  Intermittent hypoxic training  Cooling aids  Erythropoietin  Anabolic steroids  Blood Doping  Glycaemic index  Creatine  Bicarbonate  Energy Expenditure  Preseason  Competition season  Post season |
| **What will we learn? Year 1**  **2.1 Diet and nutrition and their effect on physical activity and performance**  **2.2 Preparation and training methods** | |
| **Year 2**  **8.1 Injury and prevention and the rehabilitation of injury** | |
| **What opportunities are there for wider study?**  **Optional Booster sessions**  **Careers/degree courses**   * Sports science * Physiotherapy * PE teacher * Sports analysis | |
| **How will I be assessed?**   * Everlearner set assignments/check points * Topic tests * End of unit tests * Mock Exams | |

**A level – Exercise Physiology**

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| **What will we learn?**  2.1 Diet and nutrition and their effect on physical activity and performance   * Diet and Nutrition * Energy Expenditure * Ergogenic aids * Training methods |  |
| * 1. **Preparation and training methods** * Aerobic training * Strength training * Flexibility training * Impact of training on lifestyle diseases |  |
| * 1. **Injury prevention and the rehabilitation of injury** * Types of injury * Injury prevention * Warm up and cool down * Responding to injuries * Rehabilitation of injury * Treatment of common injuries |  |