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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:**CarbohydrateFibreProteinFatMineralsVitaminsHuman growth hormoneIntermittent hypoxic trainingCooling aidsErythropoietinAnabolic steroidsBlood DopingGlycaemic indexCreatineBicarbonateEnergy Expenditure PreseasonCompetition seasonPost 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
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| **How will I be assessed?*** Everlearner set assignments/check points
* Topic tests
* End of unit tests
* Mock Exams
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**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
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| * 1. **Preparation and training methods**
* Aerobic training
* Strength training
* Flexibility training
* Impact of training on lifestyle diseases
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| * 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
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