

GCSE PE Theory Revision topics

Section 1 – Healthy, active lifestyles

1.1 Healthy, active lifestyles and how they could benefit you	<ul style="list-style-type: none"> • Explain what a healthy, active lifestyle is. • Reasons/Benefits for taking part in physical activity (Physical, Social and mental)
1.2 Influences on your healthy, active lifestyle	<ul style="list-style-type: none"> • Identify key influences on participation in physical activity – people, image, culture, resources, health and socio-economic. • Opportunities and roles in sport. • Sports Participation Pyramid
1.3 Exercise and fitness as part of your healthy, active lifestyle	<ul style="list-style-type: none"> • Define health, fitness, performance and exercise. • 5 components of health related exercise • 6 components of skill related fitness
1.4 Physical activity as part of your healthy, active lifestyle	<ul style="list-style-type: none"> • Assessing personal readiness (PAR-Q) • Assessing fitness through fitness tests • Principles of Training, Methods of Training • Goal Setting within a training programme (SMART) • The exercise session. Heart Rate Zones/Graphs • Aerobic and Anaerobic activity
1.5 Your personal health and well being	<ul style="list-style-type: none"> • Link between exercise, diet, work and rest. • Requirements of a balanced diet – macro/micro nutrients • Dietary intake and performance

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Section 2 - Your healthy, active body

2.1 Physical activity and your healthy mind and body	<ul style="list-style-type: none"> • Somatotypes. Optimum Weight • Weight Issues- obesity, anorexia, underweight etc • Smoking and Alcohol • Performance Enhancing Drugs • Risks in sport. Preventing Injuries
2.2 A healthy, active lifestyle and your cardiovascular system	<ul style="list-style-type: none"> • Function of cardiovascular system • Rest affecting adaptation • Diet affecting blood pressure and cholesterol • Recreational drugs effects • Immediate effects of exercise – heart rate & blood pressure • Long term effects of exercise - Cardiac output etc
2.3 A healthy, active lifestyle and your respiratory system	<ul style="list-style-type: none"> • Structure and function of respiratory system • Lung Volumes • Immediate effects of exercise – Oxygen debt • Long term effect of regular exercise • Effects of smoking
2.4 A healthy, active lifestyle and your muscular system	<ul style="list-style-type: none"> • Identify the major muscles • Antagonistic Pairs – how muscles work • Immediate effects of exercise – type of contraction, injuries, lactic acid • Long term effect of regular exercise – hypertrophy • Lifestyle effects – rest, diet, drugs,
2.5 A healthy, active lifestyle and your skeletal system	<ul style="list-style-type: none"> • Functions of the skeleton • Joints – types and structures Joint Actions • Effects of regular exercise • Types of injury – fractures, sprains, dislocations • Using RICE treatment. Effect of diet on bones