

Paper 1 revision list

Paper 1 – Revision List

Skeletal System

Learners must:

- know the name and location of the following bones in the human body:
 - cranium
 - vertebrae
 - ribs
 - sternum
 - clavicle
 - scapula
 - pelvis
 - humerus
 - ulna
 - radius
 - carpals
 - metacarpals
 - phalanges
 - femur

Muscular System

Learners must:

- know the name and location of the following muscle groups in the human body and be able to apply their use to examples from physical activity/sport:
 - deltoid
 - trapezius
 - latissimus dorsi
 - pectorals
 - biceps
 - triceps
 - abdominals
 - quadriceps
 - hamstrings
 - gluteals
 - gastrocnemius.
- know the definitions and roles of the following and be able to apply them to examples from physical activity/sport:
 - agonist
 - antagonist

Learners must:

- know the types of movement at hinge joints and be able to apply them to examples from physical activity/sport:
 - flexion
 - extension
- know the types of movement at ball and socket joints and be able to apply them to examples from physical activity/sport:
 - flexion
 - extension
 - rotation
 - abduction
 - adduction
 - circumduction.
- know the roles of:
 - ligament
 - cartilage
 - tendons.

Movement Analysis

Learners must:

- know the three classes of lever and their use in physical activity and sport:
 - 1st class
 - neck
 - 2nd class
 - ankle
 - 3rd class
 - elbow
 - know the definition of mechanical advantage.
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- know the location of the planes of movement in the body and their application to physical activity and sport:
 - frontal
 - transverse
 - sagittal
 - know the location of the axes of rotation in the body and their application to physical activity and sport:
 - frontal
 - transverse
 - longitudinal.

Cardiovascular and Respiratory System:

- know the double-circulatory system (systemic and pulmonary)
 - know the different types of blood vessel:
 - arteries
 - capillaries
 - veins
 - understand the pathway of blood through the heart:
 - atria
 - ventricles
 - bicuspid, tricuspid and semilunar valves
 - septum and major blood vessels:
 - aorta
 - pulmonary artery
 - vena cava
 - pulmonary vein
 - know the definitions of:
 - heart rate
 - stroke volume
 - cardiac output
 - know the role of red blood cells.
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- understand the pathway of air through the respiratory system:
 - mouth
 - nose
 - trachea
 - bronchi
 - bronchiole
 - alveoli
 - know the role of respiratory muscles in breathing:
 - diaphragm
 - intercostals
 - know the definitions of:
 - breathing rate
 - tidal volume
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- minute ventilation
 - understand about alveoli as the site of gas exchange.
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- know the definitions of:
 - aerobic exercise
 - anaerobic exercise
 - be able to apply practical examples of aerobic and anaerobic activities in relation to intensity and duration.

