Bishop Heber High School

Subject	Year	Term
Sports Studies	13	2

Topics

Exercise Physiology, Technology, Sociology, Skill Acquisition

Content (Intent)

Prior Learning (Topic) Physiology, Skill Acquisition, Sociology of sport, Sport Psychology & Diet and Nutrition

Physiology – Cardiovascular, Respiratory, Neuromuscular systems
Skill Acquisition – Skills, Skill continua and Transfer of skill, Learning Theories, Guidance and Feedback
History – Pre-industrial to post-industrial, commercialisation of sport
Sociology of sport – barriers to and factors affecting participation, benefits of physical activity, Underrepresented groups, work of Sport England, Violence + Hooliganism, Drugs, sport and the law, concepts of physical activity
Biomechanics – Analysis of movement, planes and axes, Newtons laws, Lever systems, Linear and Angular Motion, projectile motion and fluid mechanics
Sport Psychology - Personality, Attitudes, Arousal, Anxiety, Aggression, Motivation, Social Facilitation, Groups Dynamics, Goal Setting, Achievement Motivation, leadership, attribution, self-efficacy, stress management
Diet and Nutrition – elements
Technology - for data collection, video analysis, testing, GPS tracking, training theory
Exercise Physiology – Energy Systems (start)

Future Learning (Topic) Exam Preparation

What Knowledge and Skills will be taught (Implementation)	How will your understanding be assessed & recorded (Impact)
Exercise Physiology – Energy Systems (finish), VO2 Max, Specialist training methods Skill Acquisition – Information processing, Response time and Schema Theory Sociology – Development of Elite Performers in sport	Use of Exam Question February mocks Retrieval quizzes across sections different teachers deliver.
Training – Injury prevention and rehabilitation Technology – Sports Analytics, facility development Finalise NEA videos and Written element	

How can parents help at home?

Ensure revision takes place for mock exams

Helpful further reading/discussion (including Reading and Vocabulary Lists)

Reading

Vocabulary Lists

Temporal
Spatial
Perceptual
Translatory
Effector mechanism
Hyperbaric
Cryotherapy