

**Course Overview - A Level PE**

**Spring Term – Feb to Easter 2021**

**Book 1, Chapter 2: Exercise Physiology**

<b>Week</b>	<b>Topic</b>	<b>Reading</b>
6	Affecting Factors, evaluation methods, types of training and physiological adaptations of: Aerobic capacity and VO2 max, including interpretation of data and graphs.	Pages 87 - 96
7	How diet nutrition and ergogenic aids affect performance	Page 68
8	Nutritional Aids: Composition and timing of meals, hydration, glycogen loading, creatine, caffeine, bicarbonate and nitrate	Pages 74 - 80
9	Physiological Aids: blood doping, intermittent hypoxic training, cooling aids	Pages 72 - 74
10	Pharmacological aids: anabolic steroids, EPO, human growth hormone	Pages 69 – 71
11	Principles of Training	Pages 82 - 84
12	Phases of training: pre-season. Competitive season, post-season	Page 85 – 86