**A Level PE – Year 12 Overview, Mr Kontarines**

**Autumn Term**

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

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| **Topic** | **Reading** |  |
| Components of a healthy and balanced diet | Pages 62 – 65 |  |
| Energy intake and expenditure  | Pages 66 - 67 |  |
| Energy balance in physical activity and performance | Page 68 |  |
| How diet nutrition and ergogenic aids affect performance | Page 68 |  |
| **Nutritional Aids:** Composition and timing of meals, hydration, glycogen loading, creatine, caffeine, bicarbonate and nitrate  | Pages 74 - 80 |  |
| **Physiological Aids:** blood doping, intermittent hypoxic training, cooling aids | Pages 72 - 74 |  |
| **Pharmacological aids:** anabolic steroids, EPO, human growth hormone | Pages 69 - 71 |  |

**2.1 Diet and Nutrition and their effect on physical activity and performance**