YEAR 12 A-LEVEL PE: Exercise Physiology Summer 2020 Curriculum

WEEK	Topics	Reading
1	**Diet and Nutrition and Their Effect on Physical Activity and Performance** **Healthy, Balanced Diet** Know the components of a balance diet Micro and macro nutrients Know what amounts of each nutrient is required for a balanced diet	Book 1 Pages: 62-65
2	**Energy Intake, Expenditure and Balance in Physical Activity and Performance** Understand what energy intake means Understand that energy expenditure means Understand the balance of energy during physical activity and performance	Book 1 Pages: 66-68
3	**Ergogenic Aids – Pharmacological Aids** Understand the effects (both positive and negative) of the following on the body: anabolic steroids, EPO, human growth hormone	Book 1 Pages: 69-71
4	**Ergogenic Aids – Physiological Aids** Understand the effects (both positive and negative) of the following on the body: Blood doping, intermittent hypoxic training and cooling aids.	Book 1 Pages: 72-75
5	**Nutritional Aids** Understand the importance of timing of meals, hydration, glycogen loading, creatine, caffeine, bicarbonate and nitrate. Understand the pros and cons of each	Book 1 Pages: 76-80
6	**TEST WEEK**	
7	**Preparation and Training Methods** **Periodasation** Cycles (macro, meso and micro), phases of training, tapering to optimise performance	Book 1 Pages: 82-86
8	**Aerobic Training** Affecting factors, evaluation methods, types of training. VO2max Interpretation of data, graphs	Book 1 Pages: 87-96
9	**Strength Training** Affecting factors, evaluation methods, types of training. Static, dynamic, maximum, explosive and endurance strength	Book 1 Pages: 97-104
10	**Flexibility** Affecting factors, evaluation methods, types of training. Static and dynamic flexibility	Book 1 Pages: 105 - 110
11	**Impact of Training on Lifestyle Diseases** CHD, Stroke, atherosclerosis and heart attack, asthma and COPD	Book 1 Pages: 110-115
12	**TEST WEEK**	