

Course Overview - A Level PE

Spring Term – 2022

Book 1, Chapter 2: Exercise Physiology

| Week | Topic | Reading |
|-------------|---|----------------|
| 1 | Re-cap: Ergogenic aids used to improve performance Pharmacological | 69 - 71 |
| 2 | Re-cap: Ergogenic aids used to improve performance Physiological | 72 – 80 |
| 3 | Plyometric Training – what it is and how to do it and the effects | 102 - 104 |
| 4 | Plyometric training – practical (putting training into practice) | 102 – 104 |
| 5 | Lifestyle diseases of the CV and respiratory systems: CHD, stroke, atherosclerosis, and heart attack, asthma and COPD | 110 - 114 |
| 6 | How do adopt a healthier lifestyle to over the effects of the lifestyle diseases | 110 - 114 |