

Term	Date	Focus	Summary	Learning Outcomes
Term 2	02/01/23	Applied Anatomy and Physiology Skill Acquisition <i>Sport and Society</i>	Neuromuscular System and Musculoskeletal System Memory Models <i>Post World War II (1950 to present)</i>	Characteristics and functions of different muscle fibre types for a variety of sporting activities General information processing model – Input Senses. Receptors. Proprioception. Perception. DCR process Selective attention. <i>Characteristics and impact of the Golden Triangle (limited to development of association football, tennis and athletics).</i>
	09/01/23	Applied Anatomy and Physiology Skill Acquisition <i>Sport and Society</i>	Neuromuscular System and Musculoskeletal System Memory Models <i>Post World War II (1950 to present)</i>	Characteristics and functions of different muscle fibre types for a variety of sporting activities General information processing model – Input Senses. Receptors. Proprioception. Perception. DCR process Selective attention. <i>The interrelationship between commercialisation (including sponsorship), media (radio, TV, satellite, internet and social media) and sports and governing bodies.</i>
	16/01/23	Applied Anatomy and Physiology Skill Acquisition <i>Sport and Society</i>	Neuromuscular System and Musculoskeletal System Memory Models <i>Post World War II (1950 to present)</i>	Nervous system – Sympathetic and parasympathetic Decision making – short and long-term memory. <i>The changing status of amateur and professional performers (limited to development of association football, tennis and athletics).</i>
	23/01/23	Applied Anatomy and Physiology Skill Acquisition <i>Sport and Society</i>	Neuromuscular System and Musculoskeletal System Baddeley and Hitch, working memory model memory system. <i>Post World War II (1950 to present)</i>	Role of proprioceptors in PNF - Muscle spindles/Golgi tendon organ. Functions and characteristics of components of working memory model. <i>Factors affecting the emergence of elite female performers in football (players and officials), tennis and athletics in late 20th and early 21st century.</i>
	30/01/23	Applied Anatomy and Physiology Skill Acquisition <i>Sport and Society</i>	Neuromuscular System and Musculoskeletal System Baddeley and Hitch, working memory model memory system. <i>Post World War II (1950 to present)</i>	The recruitment of muscle fibres - Motor unit/spatial summation/ wave summation/all or none law Output and Feedback. <i>Factors affecting the emergence of elite female performers in football (players and officials), tennis and athletics in late 20th and early 21st century.</i>
	06/02/23	Applied Anatomy and Physiology Skill Acquisition <i>Sport and Society</i>	Neuromuscular System and Musculoskeletal System Baddeley and Hitch, working memory model memory system. <i>Post World War II (1950 to present)</i>	Joint actions in the sagittal plane/transverse axis. Efficiency of information processing <i>The changing status of amateur and professional performers (limited to development of association football, tennis and athletics).</i>
	13/02/23			
	20/02/23	Applied Anatomy and Physiology Skill Acquisition <i>Sport and Society</i>	Neuromuscular System and Musculoskeletal System Efficiency of information processing <i>The impact of sport on society and of society on sport</i>	Joint actions in the frontal plane/sagittal axis. Application of Whiting's information processing model to a range of sporting contexts. <i>Understanding of the key terms relating to the study of sport and their impact on equal opportunities in sport and society.</i>
	27/02/23	Applied Anatomy and Physiology Skill Acquisition <i>Sport and Society</i>	Neuromuscular System and Musculoskeletal System Efficiency of information processing <i>The impact of sport on society and of society on sport</i>	Joint actions in the frontal plane/sagittal axis. Applied understanding of information processing terms within a sporting context. <i>Understanding of the key terms relating to the study of sport and their impact on equal opportunities in sport and society.</i>

06/03/23	Applied Anatomy and Physiology Skill Acquisition <i>Sport and Society</i>	Neuromuscular System and Musculoskeletal System Efficiency of information processing <i>The impact of sport on society and of society on sport</i>	Joint actions in the transverse plane/longitudinal axis Cognitive theories – Insight learning <i>Understanding social action theory in relation to social issues in physical activity and sport.</i>
13/03/23	Applied Anatomy and Physiology Skill Acquisition <i>Sport and Society</i>	Neuromuscular System and Musculoskeletal System Efficiency of information processing <i>The impact of sport on society and of society on sport</i>	Types of joint, articulating bones, main agonists and antagonists, types of muscle contraction. Definitions of and the relationship between reaction time, response time, movement time. <i>Understanding social action theory in relation to social issues in physical activity and sport.</i>
20/03/23	Applied Anatomy and Physiology Skill Acquisition <i>Sport and Society</i>	Neuromuscular System and Musculoskeletal System Efficiency of information processing <i>The impact of sport on society and of society on sport</i>	Types of joint, articulating bones, main agonists and antagonists, types of muscle contraction. Simple and choice reaction time <i>Underrepresented groups in sport - Disability. Ethnic group. Gender. Disadvantaged.</i>