

Health, training & exercise	Exercise physiology	Effects of exercise on PMS	Participation & provision	Psychological factors	Technological developments	Movement analysis
Definitions	Muscular, skeletal & respiratory system	Health benefits	Popularity & participation levels	Motivation	Types of skill Skilled performance	Levers
Components of HRF	Fuel for exercise	Short term	Gender, race & social issues	Goal setting	Feedback	Muscle contraction
Components of SRF	Energy continuum	Long term	School	Adherence	Guidance	
Evaluation & Assessment of fitness	Training thresholds, zones, o2 debt, training zones		Risks involved with a sedentary lifestyle		Practice types	
Protocols for all tests			Financial constraints		Information processing	
Principles of training			Media coverage		Technological influences	
Methods of training			Deviance - Drug taking		Phases of skill learning	
Training session breakdown			Government policies & initiatives for target groups			
Training cycle periodisation			Provision of community resources/facilities			