

Paper 2 revision list and topic areas -

In red are not on your exam.

Component 2: Health and Performance			
Improving Health		Impact of a sedentary lifestyle on weight	
Physical health		Diet and energy Balance	
Emotional Health		Macronutrients	
Social Health		Micronutrients	
Lifestyle Choices		Optimum Weight	
Sedentary Lifestyles		Dietary manipulation	
Sport Psychology - Extended Writing			
Classification of Skills		Visual and Verbal Guidance	
Massed & Distributed practice		Manual and mechanical Guidance	
Fixed and variable practice		Types of feedback	
Values of Goal setting		Mental rehearsal	
Socio-Cultural Influences - Extended Writing			
Socio-economic groups		The advantages of Commercialisation	
Gender and age groups		The disadvantages of commercialisation	
Ethnicity and disability groups		Sporting behaviour	
Commercialisation, the media and sport		Deviance in sport	