

PHYSICAL EDUCATION

The Physical Education programme is broken down into nine (9) discrete areas which may be further sub-divided into specific areas of study.

1. Anatomy and Physiology

- I. The Circulatory System
- II. The Respiratory System
- III. The Skeletal System
- IV. Joints
- V. Movement

2. Health and Physical Fitness

- I. Health-related fitness
- II. Sport-related fitness
- III. Body Build

3. Fitness and Performance

- I. Principles of Training
- II. Training Programme
- III. Gender difference and Training

4. Major and Minor Sports

The History: Football, Cricket, Basketball, Badminton

5. Practicals

Skill and performance in various Sporting Disciplines, including Football, Basketball, Swimming, Table Tennis, pool, etc.

6. Nutrition

- I. Sensible Eating
- II. Food and sport

7. Safety in Sport

- I. Reducing Risk
- II. Cause of sport Injuries
- III. Emergency procedures

8. Social Issues

Culture and Sport; Home Influence, School Influence

9. Careers in Sport

Social Drugs and Sport; Performance-enhancing Drugs and Sport