

BTEC Sport Revision List



Unit 1- Fitness for Sport

Topic	Link	Checklist
Components of fitness	Revision Link	
Fitness tests	Revision Link	
Principles of training	Revision Link	
Methods of training	Revision Link	
Warm ups and cool downs	Revision Link	

Unit 2- Practical Sport

Topic	Link	Checklist
Badminton essential skills and techniques	Revision Link	
Football essential skills and techniques	Revision Link	
Netball essential skills and techniques	Revision Link	

Unit 3 – Applying the Principles of Training

Topic	Link	Checklist
The Muscular System	Revision Link	
The Muscular System	Revision Link	
Keeping fit through exercise	Revision Link	

Unit 5- The Sports Performer in Action

Topic	Link	Checklist
The Cardiovascular System	Revision Link	
The Respiratory System	Revision Link	
The Energy System	Revision Link	
The long and short term effects on exercise	Revision Link	