AS Physiology Revision

Name the components of Health Related Fitness

Name the components of Skill Related Fitness

Name 4 lifestyle choices that affect health

Name 3 ways of measuring body fat percentage

Name the components of a healthy diet

Describe how inspiration and expiration occur

Name 6 lung volumes that can be determined using a spirometer

Describe how gas exchange occurs at the lungs and the muscle cells

Describe 4 differences between arteries and veins

Explain how blood pressure and velocity change as blood moves through the body

Explain the different mechanisms which aid venous return

Explain the Bohr Shift

Describe the cardiac cycle

Describe how the body works to increase or decrease heart rate

State the effects of exercise on the heart

State the effects of training on the heart

What is cardiovascular drift?

Explain the different types of muscle contractions

State the bones, muscles, and joint actions involved in the lower body when running, jumping and kicking a ball

State the bones, muscles and joint actions involved in the upper body when throwing a javelin or playing a tennis ground stroke

Explain the 3 types of lever (including the advantages of disadvantages)