**EST Revision**

|  |  |  |  |
| --- | --- | --- | --- |
| **Content** | Know | Sort of know | Don’t know |
| **Roles and responsibilities of a coach** – list the 8 roles and responsibilities and be able to explain them in coaching context |  |  |  |
| **Leadership styles and their relationship to coaching**  List the 3 styles and be able to determine the most appropriate to a given situation |  |  |  |
| **Simple understanding of how force is produces and how force is absorbed by equipment used –** terminology surrounding force  Explain why we use some equipment to either absorb a force or how we can use equipment to enhance force |  |  |  |
| **How force is provided and absorbed by the body –** explain impulse (f x t), summation of velocity, sequential movement and simultaneous movement.  Explain the different forces produced by the body related to the outcome goal of movement |  |  |  |
| **Contributions of energy systems during a specific physical activity** name each energy system, be able to describe when during an activity each energy system may be used and justify this with explanation. |  |  |  |
| **Simple tests to measure the capacities of the anaerobic and aerobic energy systems –** name the tests that may be used to measure a person’s capacity in each pathway. |  |  |  |
| **Immediate care of sporting injuries, TOTAPS, RICER, no HARM**  Be able to distinguish from initial assessment, treatment and management, list each word of the acronym and be able to describe what each means in terms of injury care. |  |  |  |
| **Extended care and rehabilitation of the injured athlete** suggest why supporting the injury with strapping and braces may be beneficial. Name the 5 goals of injury rehab and be able to describe them. |  |  |  |
| **Physical therapy strategies** be able to suggest physical therapy strategies that may be suitable for a particular injury and explain the benefit of those strategies |  |  |  |