**ATAR PES Exam Checklist**

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| **Topic** | **Textbook** | **Studied** | **Questions** |
| Describe anatomical terms  Major bones in the body:  Functions of the skeletal system  Major muscles in the body:  Functions of the muscular system  Characteristics of muscle tissue  Origin and insertion points  Agonist and antagonist muscles |  |  |  |
| Anatomy of the heart  Functions of the circulatory system  Flow of blood through the circulatory system  Function and components of blood  Anatomy of the respiratory system  Functions of the respiratory system  Describe the process of gas exchange  Describe the mechanics of breathing (Inspiration, Expiration) |  |  |  |
| Describe how ATP is broken down by the body  Explain the body’s energy systems response to physical activity  Role of carbohydrates, proteins and fats  Explain how carbohydrates, proteins and fat can delay the onset of fatigue  Glycaemic Index & The role of low Low GI, High GI foods |  |  |  |
| Immediate responses to PA   * + Heart rate   + Stroke Volume   + Blood Pressure   + Cardiac Output   + Respiratory rate   + Perspiration   + Maximum oxygen uptake   + Blood redistribution   + Gas exchange   + Arteriovenous oxygen difference   Long-term adaptations to PA   * + Cardiac hypertrophy   + Heart rate   + Stroke Volume   + Blood pressure   + Blood volume   + Vo2 Max   + Capillarisation   + Ventilation   + Oxygen exchange |  |  |  |
| Components of fitness   * + Health related   + Skill related     Principles of training;   * + Progressive Overload     - FITT   + Specificity   + Reversibility   Training types   * + Resistance training   + Interval Training   + Continuous Training   + Circuit Training   + Fartlek Training   + Flexibility   + Plyometrics |  |  |  |

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| Linear motion   * + Speed   + Velocity   + Acceleration   + Rectilinear & curvilinear   Angular motion   * + Angular speed   + Angular velocity   + Angular acceleration   Newtons Laws   * + First Law   + Second Law   + Third Law   Equilibrium, balance and stability   * + Balance   + Static vs Dynamic   + Centre of gravity   + Base of support   + Factors   Projectile motion   * + Angle of release   + Height of release   + Speed of release   Levers   * + First class   + Second class   + Third class |  |  |  |
| Skill classification   * + Definition of motor skills   + Gross - Fine   + Open - closed   + Discrete, serial, continuous   + Simple – complex   Fitts and Posner   * + Cognitive stage   + Associative stage   + Autonomous phase   Cues to improve performance   * + Visual   + Perceptive   + Proprioceptive   Phases of information processing   * + Feedback loops   Types and purpose of feedback   * + Intrinsic vs extrinsic   + Knowledge of results   + Knowledge of performance   + Characteristics of feedback   + Feedback and motivation |  |  |  |
| MENTAL SKILLS   * Optimal Performance * PST – Three Phases:   MENTAL SKILLS 1. MOTIVATION  2. SELF - CONFIDENCE   * Definition of Self-Efficacy * Bandura’s Model of Self-Efficacy * Strategies to improve self-confidence   3. CONCENTRATION, ATTENTION & NIDEFFER’S MODEL   * Nideffer’s model of attention * Influence of activity, age and skill * Improving concentration   4. AROUSAL   * Inverted “U” Hypothesis * Characteristics of high and low arousal * Arousal Regulation * Influence of activity, age and skill   5. STRESS MANAGEMENT   * Physiological & Psychological Responses * Stress Management Techniques   **Mental Strategies** 1. IMAGERY  2. RELAXATION  3. PERFORMANCE ROUTINES  4. SELF TALK  5. GOAL SETTING  Effective Goal Setting SMARTER |  |  |  |