**NCFE Unit 1 Revision List**

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| **Topic** | **Things to revise** | **RAG** |
| **Skeletal System** | Structure of the skeletal system |  |
| Functions of the skeleton |  |
| Types of bone |  |
| Types of joint |  |
| Joint actions |  |
| Synovial joint structure |  |
| Spine and posture |  |
| **Muscular System** | Types of muscle |  |
| Structure of the muscular system |  |
| Muscle movement and contraction |  |
| Muscle fibre types |  |
| **Respiratory System** | Structure of the respiratory system |  |
| Functions of the respiratory system |  |
| Lung volumes |  |
| **Cardiovascular System** | Structure and function of the blood vessels |  |
| Structure of the heart |  |
| The cardiac cycle |  |
| **Cardiovascular measurements** | Heart rate |  |
| Maximum heart rate |  |
| Stroke volume |  |
| Cardiac output |  |
| Relationship between stroke volume, heart rate and cardiac output |  |
| **Blood pressure** | Systolic |  |
| Diastolic |  |
| Range of blood pressure |  |
| Factors affecting blood pressure |  |
| **Energy Systems** | Aerobic energy system |  |
| Anaerobic energy system |  |
| **Effects of exercise on the body** | Short-term effects of exercise |  |
| Long-term effects of exercise |  |
| **Health and fitness** | Understanding health and fitness |  |
| Components of fitness |  |
| **Testing and training fitness** | Fitness tests |  |
| Training methods |  |