**CORE 1**

* Measuring health status
	+ Role …….. ………………………
	+ Measure of epidemiology
* Identifying priority health issues
* Groups experiencing health inequities

RHS of groups experiencing health inequities:

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* High levels of preventable chronic disease, injury and mental health problems
	+ .
	+ .
		- .
		- .
		- .
	+ .

RHS of high levels of preventable chronic disease, injury and mental health problems

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* A growing and ageing population
	+ .
	+ .
	+ .
	+ .

RHS of a growing and ageing population

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* Health care in Australia
	+ .
	+ .
	+ .
	+ .
	+ .
	+ .
* Complementary and alternative health care approaches
	+ .
	+ .
	+ .
* Health promotion based on the five action areas of the Ottawa Charter
	+ .
	+ .
	+ .
	+ .

RHS – two health promotion initiatives

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**CORE 2**

* Energy systems
	+ .
	+ .
	+ .

RHS of energy systems

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* Types of training and training methods
	+ .
		- .
		- .
		- .
		- .
	+ .
	+ .
		- .
		- .
		- .
		- .
	+ .
		- .
		- .
		- .
* Principles of training
	+ .
	+ .
	+ .
	+ .
	+ .
	+ .

RHS of principles of training

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* Physiological adaptations in response to training
	+ .
	+ .
	+ .
	+ .
	+ .
	+ .
	+ .
	+ .
* Motivation
	+ .
	+ .
	+ .
	+ .
* Anxiety and arousal
	+ .
	+ .
	+ .
* Psychological strategies to enhance motivation and manage anxiety
	+ .
	+ .
	+ .
	+ .
* Nutritional considerations
	+ .
	+ .
	+ .
* Supplementation
	+ .
	+ .
	+ .
	+ .
* Recovery strategies
	+ .
		- .
		- .
	+ .
		- .
		- .
	+ .
		- .
	+ .
		- .
* Stages of skill acquisition
	+ .
	+ .
	+ .
* Characteristics of the learner
	+ .
	+ .
	+ .
	+ .
	+ .
* The learning environment
	+ .
		- .
		- .
		- .
		- .
		- .
		- .
		- .
		- .
		- .
	+ .
		- .
		- .
	+ .
		- .
		- .
		- .
		- .
	+ .
		- .
		- .
		- .
		- .
		- .
		- .
* Assessment of skill and performance
	+ .
		- .
		- .
		- .
		- .
	+ .
	+ .
	+ .

**SPORTS MEDICINE**

* Ways to classify sports injuries
	+ .
	+ .
	+ .
* Soft tissue injuries
	+ (3)
	+ (3)
	+ .

RHS manage soft tissue injuries

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* Hard tissue injuries
	+ .
	+ .

RHS manage hard tissue injuries

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* Assessment of injuries
	+ .
	+ .
	+ .
	+ .
	+ .
	+ .
* Children and young athletes
	+ .
		- .
		- .
		- .
	+ .
		- .
	+ .
	+ .
* Adult and aged athletes
	+ .
	+ .
	+ .
* Female athletes
	+ .
	+ .
	+ .
	+ .
* Physical preparation
	+ .
	+ .
	+ .
	+ .
* Sports policy and the sports environment
	+ .
	+ .
	+ .
	+ .
	+ .
* Environmental considerations
	+ .
		- .
		- .
		- .
		- .
	+ .
		- .
		- .
		- .
		- .
		- .
		- .
	+ .
	+ .
* Taping and bandaging
	+ .
	+ .
	+ .
* Rehabilitation procedures
	+ .
	+ .
		- .
		- .
		- .
	+ .
	+ .
* Return to play
	+ .
	+ .
	+ .
	+ .
	+ .
	+ .

**IMPROVING PERFORMANCE**

* Aerobic training
	+ .
	+ .
	+ .
* Flexibility training
	+ .
	+ .
	+ .

RHS of syllabus for both aerobic and flexibility

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* Initial planning considerations
	+ .
	+ .
	+ .

RHS initial planning considerations

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* Planning a training year (periodisation)
	+ .
		- .
		- .
		- .
	+ .
		- .
		- .
	+ .
	+ .
	+ .
		- .
		- .
* Elements to be considered when designing a training session
	+ .
	+ .
	+ .
	+ .
	+ .
	+ .
* Planning to avoid overtraining
	+ .
	+ .
		- .
		- .
	+ .
		- .
* Use of drugs
	+ .
		- .
		- .
		- .
	+ .
		- .
		- .
	+ .
		- .
	+ .
		- .
		- .
	+ .
* Use of technology
	+ .
		- .
		- .
	+ .
		- .
		- .