

# PHYSICAL TRAINING INFOGRAPHIC

## NON-NEGOTIABLE KNOWLEDGE

### WHY INFOGRAPHIC?



ENHANCE KNOWLEDGE  
RETENTION AND RECALL

### NON-NEGOTIABLE KNOWLEDGE



THE NON-NEGOTIABLE  
KNOWLEDGE YOU NEED FOR YOUR  
PHYSICAL TRAINING  
ASSESSMENT IS HERE

### WHAT TO DO WITH IT

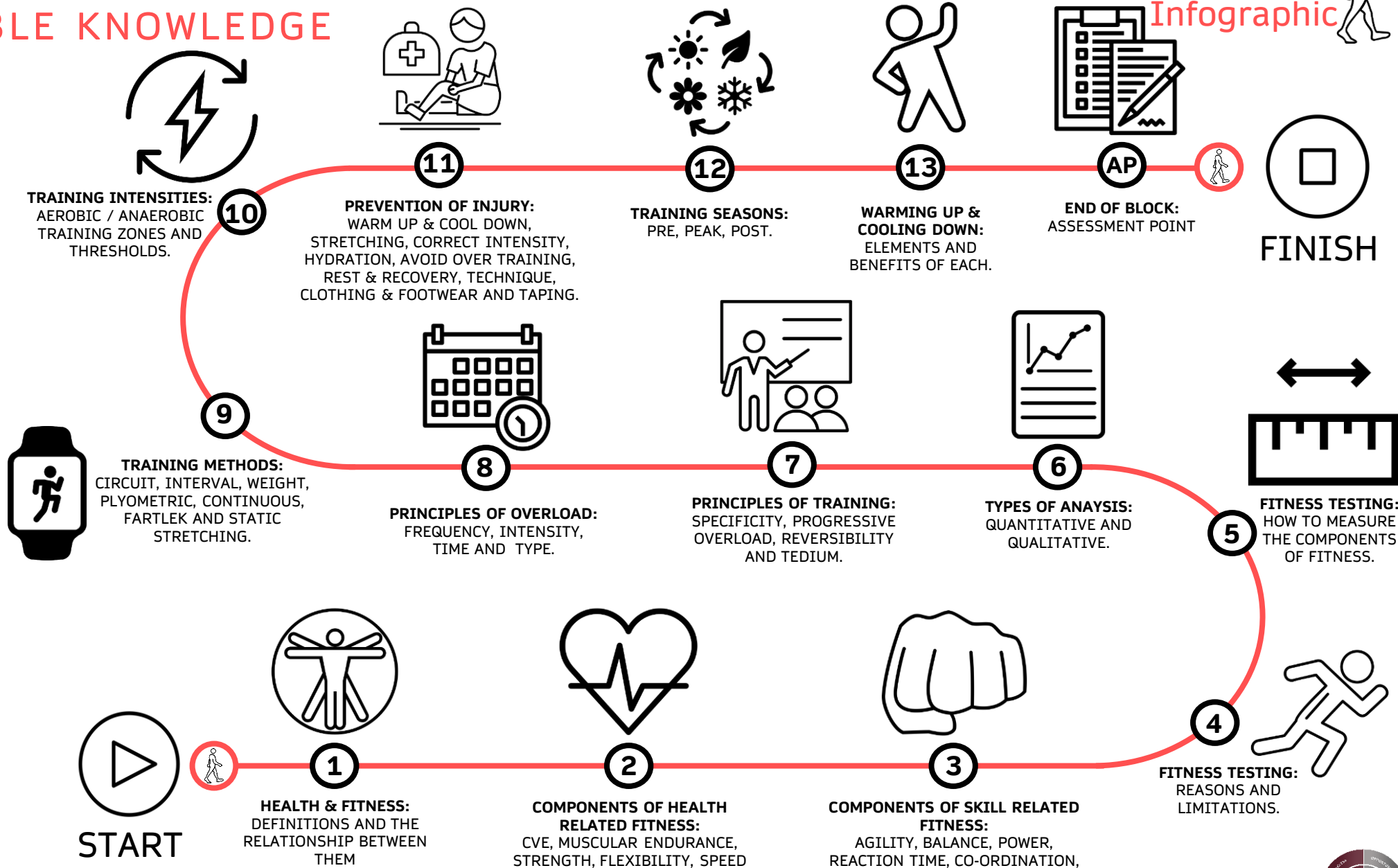


LEARN DEFINITIONS, WHICH  
TEST AND TRAINING METHOD  
FOR EACH COF, SPORTING  
EXAMPLES.

### REVISION TOOLS



- ✓ MODEL MAPS
- ✓ FLASH CARDS
- ✓ CORNELL NOTES
- ✓ REVISION CLOCKS
- ✓ SELF QUIZZING
- ✓ DUAL CODING



# ANATOMY INFOGRAPHIC

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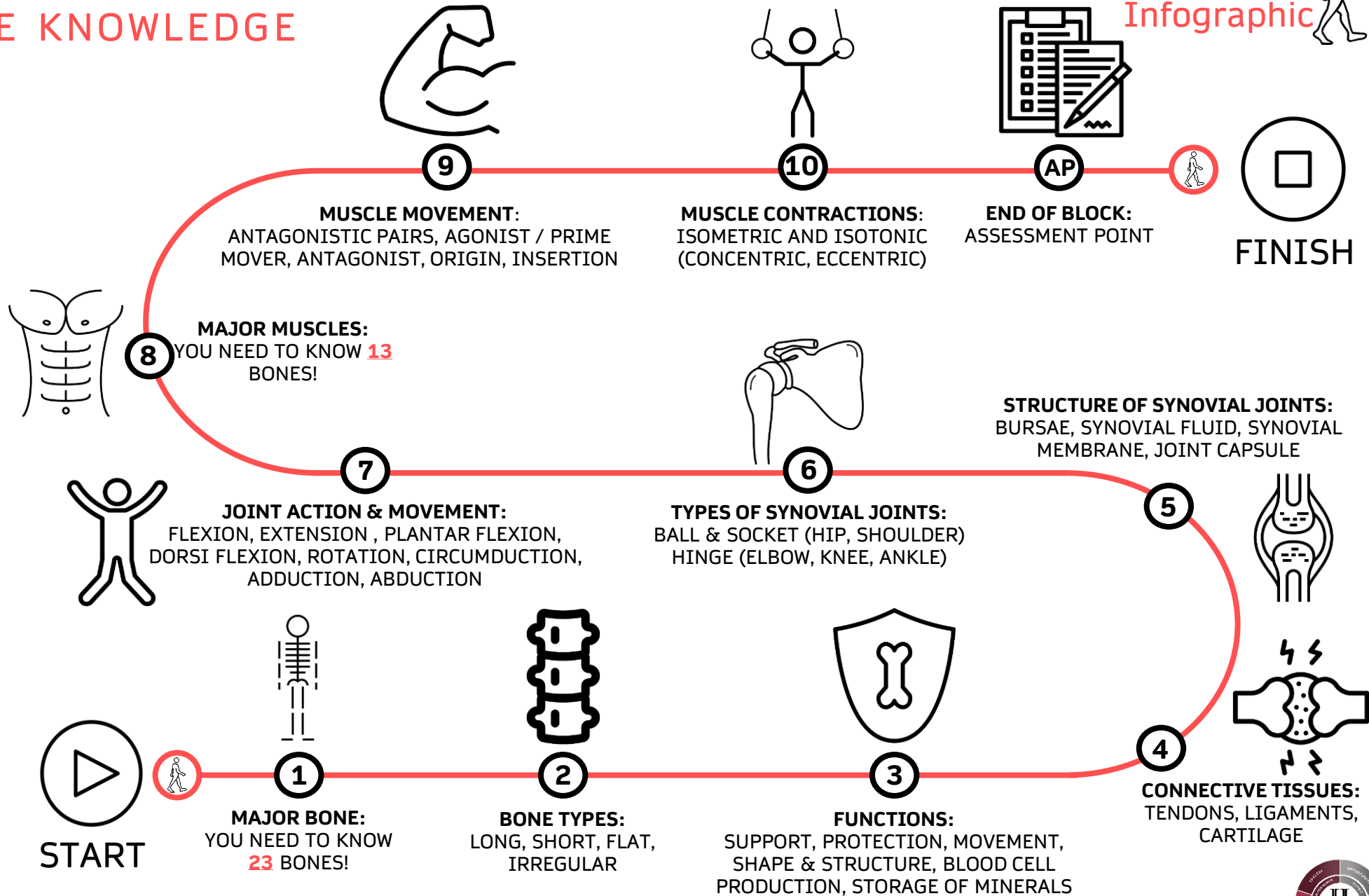


LEARN LOCATIONS,  
DEFINITIONS, FUNCTIONS, LINK  
TO SPORTING ACTIONS.

### REVISION TOOLS



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# PHYSIOLOGY INFOGRAPHIC

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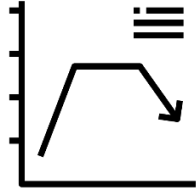
LEARN LOCATIONS, STRUCTURE,  
DEFINITIONS, FUNCTIONS,  
EFFECTS OF EXERCISE.

### REVISION TOOLS



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**HEART RATE MEASUREMENTS:**  
ANTICIPATORY RISE, HEART  
RATE, STROKE VOLUME,  
CARDIAC OUTPUT



9

**RESPIRATION:**  
AEROBIC AND ANAEROBIC  
EXERCISE, EPOC.



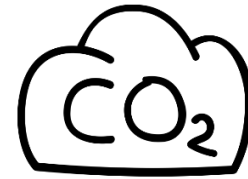
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**REDISTRIBUTION OF BLOOD:**  
VASCULAR SHUNT VIA  
VASOCONSTRICTION AND  
VASODILATION



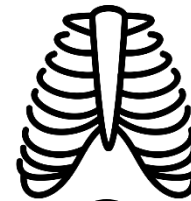
1

**PATHWAY OF AIR:**  
MOUTH/NOSE, TRACHEA,  
BRONCHUS, BRONCHIOLES,  
ALVEOLI, CAPILLARY



2

**GASEOUS EXCHANGE:**  
GASES INVOLVED AND  
THE FEATURES THAT  
ASSIST THIS PROCESS



3

**MECHANICS OF BREATHING:**  
BREATHING RATE, INSPIRATION &  
EXPIRATION (INTERCOSTALS, RIB  
CAGE DIAPHRAGM).

4

**LUNG VOLUMES:**  
SPIROMETER TRACE, TIDAL  
VOLUME, RESIDUAL VOLUME,  
ERV, IRV, VITAL CAPACITY.



11

**THE RECOVERY PROCESS:**  
COOL DOWN,  
MANIPULATION OF DIET,  
ICE BATHS & MASSAGES.



7

**CARDIAC CYCLE:**  
THE PATHWAY OF BLOOD  
INCLUDING DIASTOLE  
AND SYSTOLE



6

**BLOOD VESSELS:**  
STRUCTURE AND FUNCTIONS  
OF ARTERIES, VEINS AND  
CAPILLARIES.



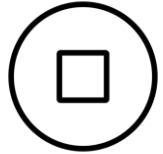
12

**EFFECTS OF EXERCISE:**  
IMMEDIATE, SHORT-  
TERM, LONG-TERM.

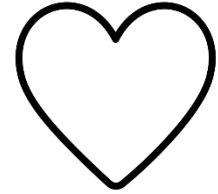


AP

**END OF BLOCK:**  
ASSESSMENT POINT



FINISH



**THE HEART:**  
STRUCTURE - ATRIA,  
VENTRICLES, VALVES,  
MAJOR BLOOD VESSELS



# MOVEMENT ANALYSIS INFOGRAPHIC

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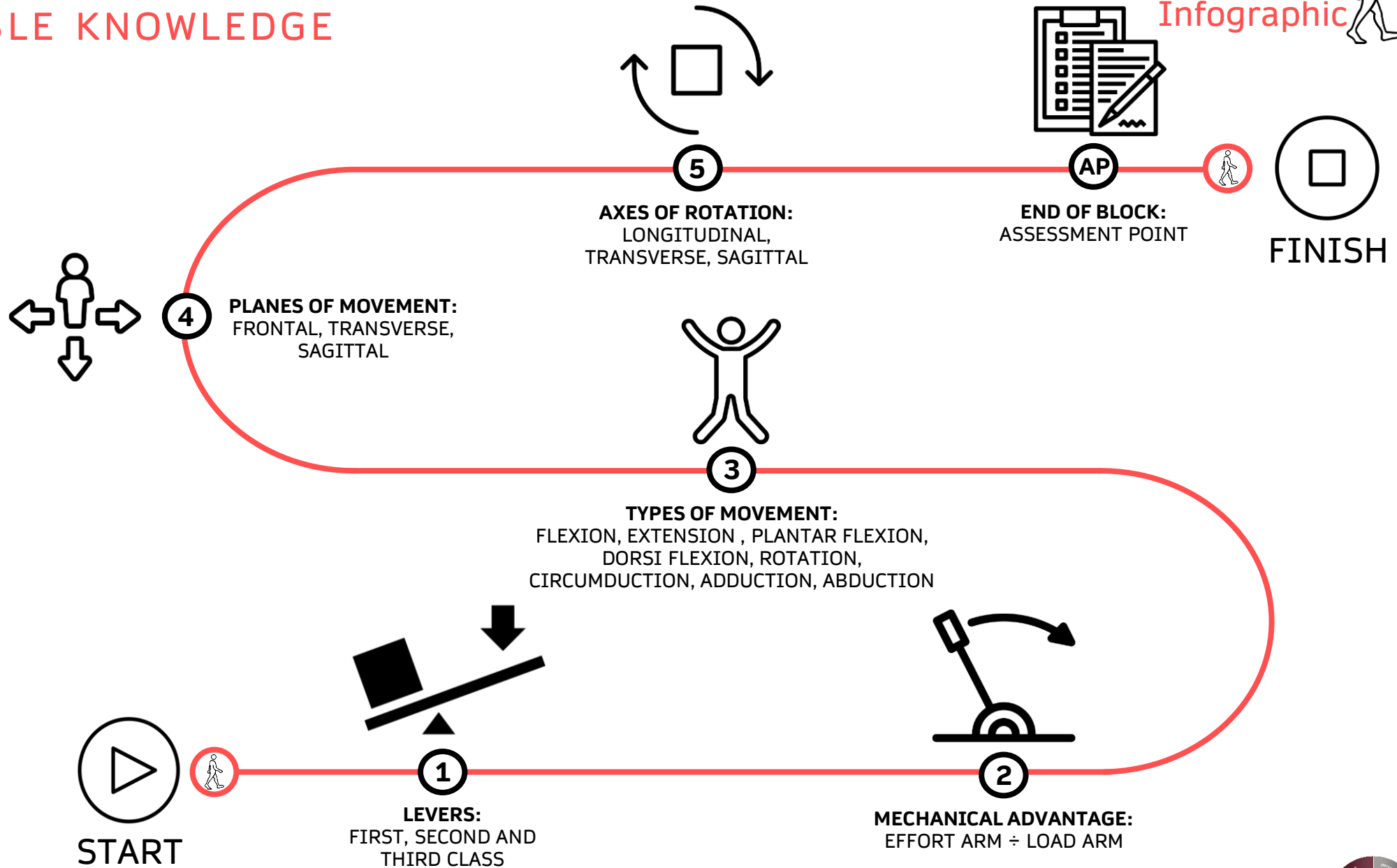


LEARN COMPONENTS,  
DEFINITIONS, ADVANTAGES,  
DISADVANTAGES, SPORTING  
EXAMPLES.

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# PSYCHOLOGY INFOGRAPHIC

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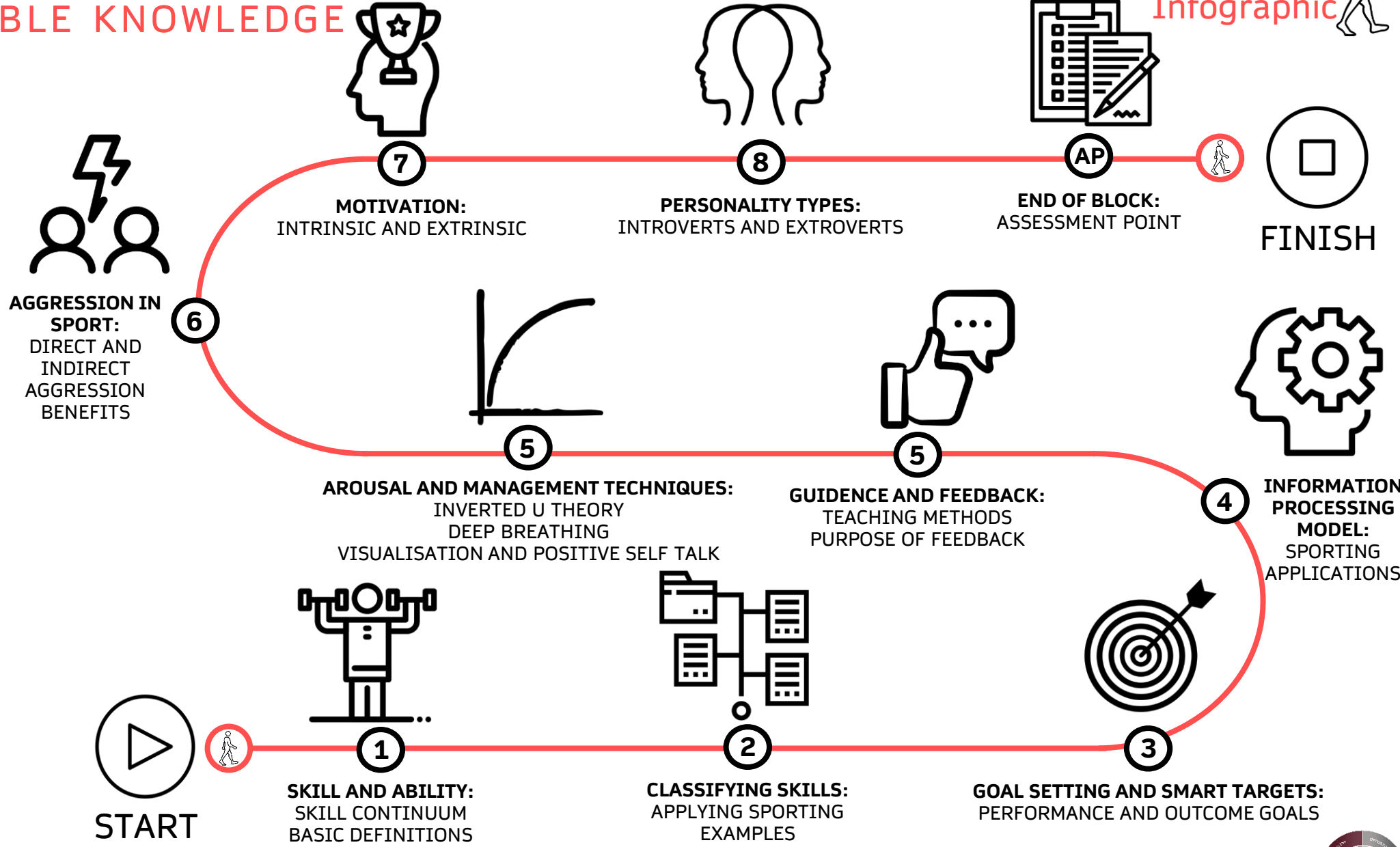


LEARN COMPONENTS, DEFINITIONS, ADVANTAGES, DISADVANTAGES, SPORTING EXAMPLES.

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# SOCIO-ECONOMIC INFOGRAPHIC

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**5**  
PERFORMANCE  
ENHANCING  
DRUGS:  
TYPES OF PEDS  
REASONS FOR  
DOPING



**6**  
SPECTATOR BEHAVIOUR:  
HOME FIELD ADVANTAGE  
HOOLIGANISM



**4**  
ETHICAL CONDUCT:  
SPORTSMANSHIP, ETIQUETTE  
AND GAMESMANSHIP



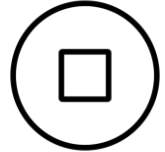
**1**  
FACTORS AFFECTING  
PARTICIPATION:  
AGE, GENDER,  
DISABILITY AND  
CULTURE



**2**  
IMPACT OF MEDIA AND  
SPONSORSHIP:  
CATEGORIES OF  
SPONSORSHIP AND MEDIA  
BENEFITS AND NEGATIVES  
FOR PERFORMERS



**AP**  
END OF BLOCK:  
ASSESSMENT POINT



FINISH



**3**  
IMPACT OF  
TECHNOLOGY:  
HAWKEYE,  
DARTFISH AND  
FITNESS  
MONITORING



START





# HEALTH, FITNESS AND WELL-BEING INFOGRAPHIC

Pupil Walkthrough



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Infographic

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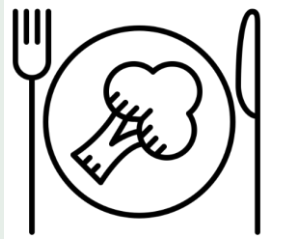


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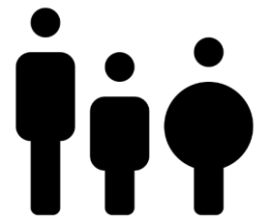


**BALANCED DIET:**  
ROLE OF NUTRIENTS  
EATWELL PLATE

4



**5**  
**WATER BALANCE:**  
CONSEQUENCES OF  
DEHYDRATION



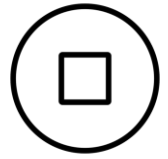
**3**  
**SOMATOTYPES:**  
MESOMORPHS, ENDOMORPHS  
AND ECTOMORPHS  
SUITABLE SPORTS



**1**  
**BENEFITS OF  
PHYSICAL ACTIVITY:**  
PHYSICAL, MENTAL  
AND SOCIAL



**AP**  
**END OF BLOCK:**  
ASSESSMENT POINT



**FINISH**



**START**



**2**  
**SEDENTARY LIFESTYLES:**  
CONSEQUENCES  
LIFESTYLE FACTORS





# ANSWERING EXAM QUESTIONS INFOGRAPHIC

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