

GCSE PE Revision

Keywords

SKILL	PROGRESSIVE	PHYSICAL CHALLENGE	RICE
HEALTH	OVERLOAD	CO-OPERATION	DEHYDRATION
AGILITY	REVERSIBILITY	COMPETITION	HYPOTHERMIA
BALANCE	TEDIUM	AESTHETIC APPRECIATION	CONCUSSION
CO-ORDINATION	INDIVIDUAL NEEDS	SOCIAL MIXING	UNCONSCIOUSNESS
POWER	SYSTEMATIC	FRIENDSHIPS	DRABC
REACTION TIME	FITT	MEMBERSHIP OF SPORTS CLUBS	RECOVERY
SPEED	REGULARITY	STIMULATING	POSITION
CARDIOVASCULAR	MODERATION	SOCIAL	BONES
MUSCULAR ENDURANCE	AEROBIC	MENTAL	FUNCTION
MUSCULAR STRENGTH	ANAEROBIC	PHYSICAL	CLASSIFICATION
FLEXIBILITY	CONTINUOUS	SAFETY	DEVELOPMENT & GROWTH
BODY COMPOSITION	FARTLEK	PREVENTION OF INJURY	JOINTS
DIET	INTERVAL	BALANCED COMPETITION RULES	MOVEMENT
PROTEINS	CROSS	WARM UP	MUSCLES TYPES
FATS	CIRCUIT	WARM DOWN	MUSCLES
CARBOHYDRATES	WEIGHTS	CORRECT PREPARATION	CONTRACTION
MINERALS	IMPROVES BODY SHAPE	JOINT INJURY	HEART
VITAMINS	LOOK AND FEEL GOOD	FRACTURES	BLOOD VESSELS
WATER	GOOD HEALTH	SOFT TISSUE INJURY	BLOOD
FIBRE	ENJOYABLE	SKIN DAMAGE	LUNGS
TRAINING	RELIEVE STRESS		ENERGY PRODUCTION
SPECIFIC			IMMEDIATE EFFECTS OF EXERCISE
			LONG TERM EFFECTS OF EXERCISE