

Higher

Topic area 3: The short-term effects of exercise on the body systems	R182: The body's responses to physical activity and how technology informs this	R181- Completion and sent to moderator in June	Topic area 4: Evalua own performance in planning and delivering a fitness training programme	n la
	test and their ac design, plan and ev background know fitness tests, some activity. You will the	dvantages and disadvantages valuate a fitness training pro- ledge you need to be able to e of which will be adapted to en interpret the data collecto	gramme. This will give you th p plan and deliver appropriate o suit the skills of the sporting ed from fitness tests and lear s can go on to make informed	Topic area 3 Organising an
Warming up and cooling down	Tealprinc10and how	g: fitness fitness fitness		pic area 2: inciples of training
Principles	develops your		ridging year which principles of practica NSport Science. This participate in the	

