**Physical Education Exam**

Your exam will be held in week 8. Here are the topics that will appear on the exam. The exam will be an exam with a combination of multiple choices, short answers, labelling and listing diagrams. A comprehensive understanding of these topics will enable you to receive a high mark.

**Skeletal system:**

Functions

Types of bones

Vertebral column

Bone growth and health

Types of joints

**Muscular system:**

Functions

Type of muscle

Connective tissue

Skeletal muscle

Muscle fibre types

Type of contractions

**Cardiovascular system:**

Functions

Anatomy of the heart

Blood vessels

Blood circulation

Stroke volume

Cardiac output

**Respiratory system:**

Functions

Anatomy

Mechanics of breathing

**Energy Systems:**

ATP

ATP resynthesis

Interplay

All systems

Fuels

**Biomechanics (Motion through air and water):**

Projectile motion

Factors affecting a projectile

Types of turbulent flow

Buoyancy

Drag force

Lift force

Angle of attack

Magnus effect

Spin

**Biomechanics (principles of motion)**

What is Biomechanics?

Types of biomechanical analysis

Measuring tools in biomechanics

Types of motion

What is displacement and distance

Speed (formula)

Velocity(formula)

Acceleration

Angular motion

Torque

**Biomechanics (force)**

Inertia

Mass and weight

Newtons 1st, 2nd, 3rd laws of motion

Types of forces

Friction

Momentum

Conservation of momentum

Angular momentum

Summation of Movement/force

Impulse

Impact

Coefficient of restitution and factors affecting