### IB SEHS Topic Coverage

### *Note: This is a tentative outline. This outline will be modified and adjusted, as needed.*

IB Suggested teaching hours are listed for each sub-topic

**Year 1** (Junior Year)

**Class Orientation**

* Student / Teacher Expectations
* Lab Safety
* MLC/IB policies

**Anatomy**

* 1.1 Skeletal System
* 1.2 Muscular System

**Measurement and Evaluation of Human Performance**

* 6.1 Statistical Analysis
* 6.2 Study Design
* 6.3 Components of Fitness
* 6.4 - Principles of Training Program Design

**Movement Analysis (Part 1)**

* 4.1 Neuromuscular Function
* 4.2 Joint and Movement Type

**Internal Assessment Introduction**

**Skill in Sport**

* 5.1 Characteristic & Classification of Skill
* 5.2 Information Processing
* 5.3 Principles of Skill Learning

**Summer Work**

*\*\*\*The topic will be covered in class upon return to school\*\*\**

**Option B - Psychology of Sport**

* B.1 Individual Differences
* B.2 Motivation
* B.3 Mental Preparation
* B.4 Psychological Skills Training

**Year 2** (Senior Year)

**Group 4 Project** 10 hours

**Option B - Psychology of Sport**

* Classroom support of summer study

**Energy Systems**

* 3.1 Nutrition
* 3.2 Carbohydrates & Fat Metabolism
* 3.3 Energy Systems

**Exercise Physiology**

* 2.1 Structure and Function of the Ventilatory System
* 2.2 Structure and Function of the cardiovascular system
* Practical Work

**Option A – Optimizing Physiological Performance**

* A.1 – Training
* A.2 – Environmental Factors and Physical Performance
* A.3 – Non-nutritional Ergogenic Aids

**Movement Analysis (Part 2)**

* 4.3 Fundamentals of Biomechanics

**Revision**

Students will utilize remaining course time prior to external examinations for preparation.

**\*\* Practical Work will meet the IB standard of a minimum of 30 hours**