**Higher level/Higher and standard level combined**

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| **Year 1** | **Sub-topic** | **Title** | **Suggested time allocation (hours)** |
|  | 1.1 | The skeletal system | 4 |
|  | 1.2 | The muscular system | 3 |
|  | 4.1 | Neuromuscular function | 4 |
|  | 4.2 | Joint and movement type | 3 |
|  | 7.2 (HL only) | Structure and function of the brain | 5 |
|  | 8 (HL only) | The endocrine system | 7 |
|  | 6.1 | Statistical analysis | 2 |
|  | 6.2 | Study design | 4 |
|  | 4.3 | Fundamentals of biomechanics | 8 |
|  | 10 (HL only) | Friction and drag | 8 |
|  | 2.1 | Structure and function of the ventilatory system | 5 |
|  | 2.2 | Structure and function of the cardiovascular system | 12 |
|  | 7.1 (HL only) | The skin system | 2 |
|  | 3.1 | Nutrition | 4 |
|  | 3.2 | Carbohydrate and fat metabolism | 2 |
|  | 3.3 | Nutrition and energy systems | 7 |
|  | 13 (HL only) | Exercise and immunity | 6 |
| About 30 hours practical work (including group 4 project) | | | |
| **Year 2** | 12 (HL only) | Genetics and athletic performance | 7 |
|  | 6.3 | Components of fitness | 4 |
|  | 6.4 | Principles of training programme design | 3 |
|  | 9 (HL only) | Fatigue | 6 |
| 10 hours individual investigation for IA | | | |
|  | 5.1 | The characteristics and classification of skill | 4 |
|  | 11.2 (HL only) | Notation and analysis | 5 |
|  | 5.2 | Information processing | 6 |
|  | 5.3 | Principles of skill learning | 5 |
|  | 11.1 (HL only) | Pedagogy for skill acquisition | 4 |
|  | Option 1 |  | 15 (Core) + 10 (HL) |
|  | Option 2 |  | 15 (Core) + 10 (HL) |
| About 20 hours practical work | | | |