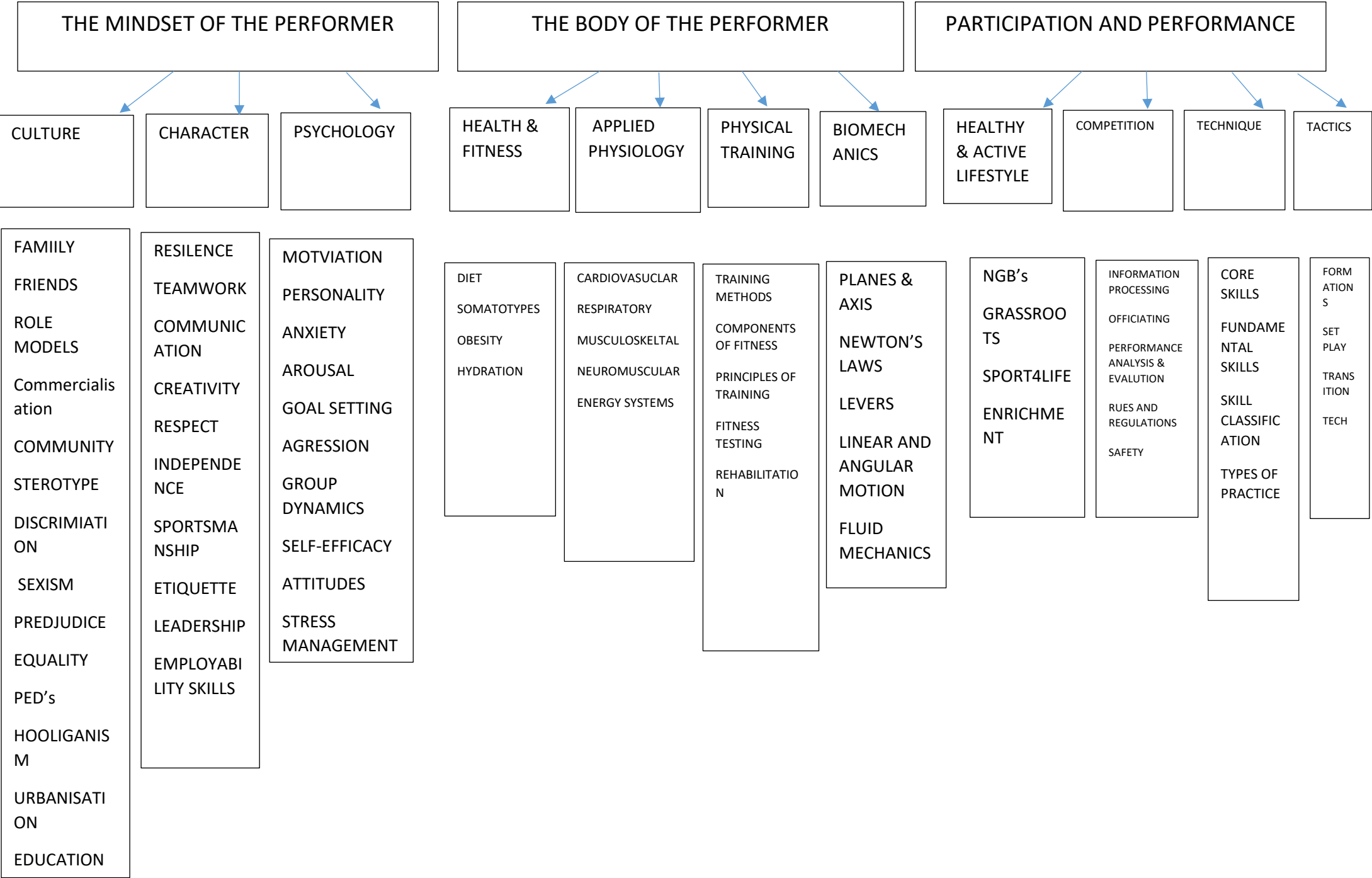


KEY CONCEPTS IN PE



THE MINDSET OF THE PERFORMER

THE BODY OF THE PERFORMER

PARTICIPATION AND PERFORMANCE

CULTURE

CHARACTER

PSYCHOLOGY

HEALTH & FITNESS

APPLIED PHYSIOLOGY

PHYSICAL TRAINING

BIOMECHANICS

HEALTHY & ACTIVE LIFESTYLE

COMPETITION

TECHNIQUE

TACTICS

FAMILY  
FRIENDS  
ROLE MODELS  
Commercialisation  
COMMUNITY  
STEREOTYPE  
DISCRIMINATION  
SEXISM  
PREDJUDICE  
EQUALITY  
PED's  
HOOIGANISM  
URBANISATION  
EDUCATION

RESILIENCE  
TEAMWORK  
COMMUNICATION  
CREATIVITY  
RESPECT  
INDEPENDENCE  
SPORTSMANSHIP  
ETIQUETTE  
LEADERSHIP  
EMPLOYABILITY SKILLS

MOTIVATION  
PERSONALITY  
ANXIETY  
AROUSAL  
GOAL SETTING  
AGRESSION  
GROUP DYNAMICS  
SELF-EFFICACY  
ATTITUDES  
STRESS MANAGEMENT

DIET  
SOMATOTYPES  
OBESITY  
HYDRATION

CARDIOVASCULAR  
RESPIRATORY  
MUSCULOSKELTAL  
NEUROMUSCULAR  
ENERGY SYSTEMS

TRAINING METHODS  
COMPONENTS OF FITNESS  
PRINCIPLES OF TRAINING  
FITNESS TESTING  
REHABILITATION

PLANES & AXIS  
NEWTON'S LAWS  
LEVERS  
LINEAR AND ANGULAR MOTION  
FLUID MECHANICS

NGB's  
GRASSROOTS  
SPORT4LIFE  
ENRICHMENT

INFORMATION PROCESSING  
OFFICIATING  
PERFORMANCE ANALYSIS & EVALUATION  
RULES AND REGULATIONS  
SAFETY

CORE SKILLS  
FUNDAMENTAL SKILLS  
SKILL CLASSIFICATION  
TYPES OF PRACTICE

FORMATIONS  
SET PLAY  
TRANSITION  
TECH