AS LEVEL PE - PROGRESS / TRACKING SHEET

CARDIO-VASCULAR SYSTEM

TARGET GRADE	
Current Working at Grade	

	Start of Unit			Interim Check			End of Unit		
TOPICS	R	A	G	R	A	G	R	A	G
I understand the relationship between stroke volume, heart rate and cardiac output and their impact on physical fitness and health									
I can identify how physical activity can affect heart disease, high blood pressure, cholesterol levels and strokes									
I can describe the structure and function of the heart									
I can describe the cardiac conduction system									
I can explain the hormonal, neural and chemical regulation of responses during physical activity and sport (Cardiac Control Centre)									
I can describe the role of chemoreceptors, baroreceptors and proprioceptors in the regulation of responses during physical activity									
I can explain how blood is redistributed during exercise through vasoconstriction and vasodilation									
I can describe the transportation of oxygen and be able to explain the roles of haemoglobin and myoglobin									
I understand the oxyhaemoglobin dissociation curve									
I can explain the Bohr Shift									
I understand the venous return mechanisms									
I understand Starling's Law of the heart									
I can explain cardiovascular drift									
I can explain arterio-venous oxygen difference (A-VO_2 diff)									