

S1 Sports Science Outcomes

Biological Systems

- Identify the four chambers of the heart.
- Describe direction of blood flow through the heart.
- Explain why one side is thicker than the other.
- Describe and compare the structure of arteries, veins & capillaries.
- Identify the main structures of the lungs.
- Calculate the average breathing rate before and after exercise.
- Identifying possible sources of error.
- Explain what happens to heart rate when breathing rate increases and why.

Forces and Friction

- Describe what a force is.
- Describe what a force can change.
- State what forces are measure in.
- State what forces are measured with.
- Describe what friction is.
- Describe friction as a help or a nuisance.
- Describe how friction can be reduced.
- Describe the effect of streamlining.

Solubility

- Explain what happens to particles when a substance dissolves.
- State how temperature affects solubility.
- Describe how a solvent dissolves a solute.

States of Matter

- Describe, using particle models and diagrams, the properties of solids, liquids and gases and applies this knowledge to identify and classify unknown substances.
- Explain changes of state in terms of energy being gained or lost by a substance.