

# Overview of Academy Theory Lecture Content

## Level 1

### Anatomy (2)

- Bones & cartilage
- Tendons & ligaments
- Joints

### Biomechanics (2)

- Purpose & basics
- Reaction forces & take-offs
- Rotation

### Physiology (2)

- Muscle fibres
- Strength & power
- Flexibility

### Psychology (2)

- Goals & expectations
- Reinforcement & emotions
- Commitment & imagery

### Planning (1)

- Nature of planning
- Single lesson plans
- Weekly plans



## Level 2

### Anatomy (2)

- Growth plates
- Specific joints
- Muscles at major joints

### Biomechanics (2)

- Flight & dismounts & landings
- Twisting
- Energy concepts

### Physiology (2)

- Training terminology
- Endurance
- Strength training principles

### Psychology (2)

- Motivation & arousal
- Anxiety & stress
- Attention & flow

### Planning (1)

- Periodization
- Effective monitoring
- Annual plan



## Level 3

### L1 & L2 Review (1)

- Anatomy
- Physiology
- Biomechanics

### Biomechanics (2)

- Mechanics of injuries
- Elasticity of apparatus
- Vibration of apparatus

### Medical (2)

- Growth & maturation
- Understanding injuries
- Overtraining

### Psychology (2)

- Special topics:
  - Mental toughness
  - Eating disorders
  - Personality styles

### Planning (2)

- Quadrennial planning
- Team management
- Special topics
  - Recovery, etc

