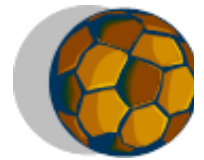


# A – LEVEL PHYSICAL EDUCATION

## Folder Checklist

### Book 1

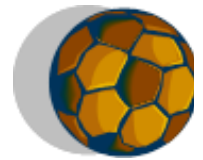


Course Content <b>PAPER 1</b> <b>PAPER 2</b>	Notes	Understood	Revised
<b>3.1.1 Applied Anatomy and Physiology</b>	😊 😐 😞	😊 😐 😞	😊 😐 😞
<b>Cardiovascular system</b> <ul style="list-style-type: none"> <li>• Understanding of the impact of physical activity and sport on the health and fitness of the individual</li> <li>• The hormonal, neural and chemical regulation of responses during physical activity and sport</li> <li>• Receptors involved in regulation of responses during physical activity</li> <li>• Transportation of oxygen</li> <li>• Venous return</li> <li>• Starling’s law of the heart</li> <li>• Cardiovascular drift</li> <li>• Arterio-venous oxygen difference (A-VO<sub>2</sub> diff)</li> </ul>			
<b>Respiratory system</b> <ul style="list-style-type: none"> <li>• Understanding of lung volumes and the impact of and on physical activity and sport</li> <li>• Gas exchange systems at alveoli and muscles</li> <li>• The hormonal, neural and chemical regulation of pulmonary ventilation during physical activity and sport</li> <li>• Receptors involved in regulation of pulmonary ventilation during physical activity</li> <li>• Impact of poor lifestyle choices on the respiratory system</li> </ul>			
<b>Neuromuscular system</b> <ul style="list-style-type: none"> <li>• Characteristics and functions of different muscle fibre types for a variety of sporting activities</li> <li>• Nervous system</li> <li>• Role of proprioceptors in PNF</li> <li>• The recruitment of muscle fibres</li> </ul>			
<b>The musculo-skeletal system and analysis of movement in physical activities</b> <ul style="list-style-type: none"> <li>• Joint actions in the sagittal plane/transverse axis</li> <li>• Joint actions in the frontal plane/sagittal axis</li> <li>• Joint actions in the transverse plane/longitudinal axis</li> <li>• Types of joint, articulating bones, main agonists and antagonists, types of muscle contraction</li> </ul>			
<b>2.1.2 Skill Acquisition</b>			
<b>Skill, skill continuums and transfer of skills</b> <ul style="list-style-type: none"> <li>• Characteristics of skill</li> <li>• Use of skill continua</li> <li>• Justification of skill placement on each of the continua</li> <li>• Transfer of learning</li> <li>• Understanding of how transfer of learning impacts on skill development</li> </ul>			

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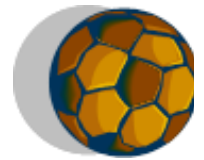


<p>Impact of skill classification on structure of practice for learning</p> <ul style="list-style-type: none"> <li>• Methods of presenting practice</li> <li>• Types of practice</li> <li>• Understanding how knowledge of skill classification informs practice structure (presentation and type) to allow learning/development of skills</li> </ul>			
<p>Principles and theories of learning and performance</p> <ul style="list-style-type: none"> <li>• Stages of learning and how feedback differs between the different stages of learning</li> <li>• Learning plateau</li> <li>• Cognitive theories</li> <li>• Behaviourism</li> <li>• Social learning</li> <li>• Constructivism</li> <li>• Understanding of how theories of learning impact on skill development</li> </ul>			
<p>Use of guidance and feedback</p> <ul style="list-style-type: none"> <li>• Methods of guidance</li> <li>• Understand the different purposes and types of feedback</li> <li>• Understanding of how feedback and guidance impacts on skill development</li> </ul>			
<b>3.1.3 Sport and Society</b>			
<p>Pre-industrial (pre-1780)</p> <ul style="list-style-type: none"> <li>• Characteristics and impact on sporting recreation</li> <li>• Characteristics of popular and rational recreation linked to the two-tier class system</li> </ul>			
<p>Industrial and post-industrial (1780–1900)</p> <ul style="list-style-type: none"> <li>• Characteristics and impact on sport (limited to development of association football, lawn tennis and rationalisation of track and field events)</li> <li>• Characteristics and impact on sport (limited to development of association football, tennis and athletics)</li> </ul>			
<p>Post World War II (1950 to present)</p> <ul style="list-style-type: none"> <li>• Characteristics and impact on sport (limited to development of association football, tennis and athletics)</li> </ul>			
<p>Sociological theory applied to equal opportunities</p> <ul style="list-style-type: none"> <li>• Understanding of the definitions of the following key terms in relation to the study of sport and their impact on equal opportunities in sport and society: <ul style="list-style-type: none"> <li>- Society</li> <li>- Socialisation</li> <li>- social processes</li> <li>- social issues</li> <li>- social structures/stratification</li> </ul> </li> <li>• Understanding social action theory in relation to social issues in physical activity and sport</li> <li>• Underrepresented groups in sport</li> </ul>			

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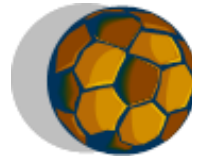


<ul style="list-style-type: none"> <li>• Understanding the terms equal opportunities, discrimination, stereotyping and prejudice</li> <li>• The barriers to participation in sport and physical activity and possible solutions to overcome them for under represented groups in sport</li> <li>• Benefits of raising participation</li> <li>• The interrelationship between Sport England, local and national partners to increase participation at grass roots level and under represented groups in sport</li> </ul>			
<b>3.2.1 Exercise Physiology</b>			
Diet and nutrition and their effect on physical activity and performance <ul style="list-style-type: none"> <li>• Understand the exercise-related function of food classes.</li> <li>• Positive and negative effects of dietary supplements/manipulation on the performer</li> </ul>			
Preparation and training methods in relation to maintaining physical activity and performance <ul style="list-style-type: none"> <li>• Understanding key data terms for laboratory conditions and field tests</li> <li>• Physiological effects and benefits of a warm-up and cool down.</li> <li>• Principles of training</li> <li>• Application of principles of periodisation</li> <li>• Training methods to improve physical fitness and health</li> </ul>			
<b>3.2.2 Biomechanical Movement</b>			
Biomechanical principles <ul style="list-style-type: none"> <li>• Newton’s Three Laws of linear motion applied to sporting movements</li> <li>• Definitions, equations and units of example scalars</li> <li>• Centre of mass</li> <li>• Factors affecting stability</li> </ul>			
Levers <ul style="list-style-type: none"> <li>• Three classes of lever and examples of their use in the body during physical activity and sport</li> <li>• Mechanical advantage and mechanical disadvantage of each class of lever</li> </ul>			
<b>3.2.3 Sport Psychology</b>			
Aspects of personality <ul style="list-style-type: none"> <li>• Understanding of the nature vs nurture debate in the development of personality</li> <li>• Interactionist perspective</li> <li>• How knowledge of interactionist perspective can improve performance</li> </ul>			
Attitudes <ul style="list-style-type: none"> <li>• Triadic model</li> </ul>			
Arousal <ul style="list-style-type: none"> <li>• Theories of arousal</li> </ul>			
Anxiety			

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<ul style="list-style-type: none"> <li>• Practical applications of theories of arousal and their impact on performance</li> <li>• Characteristics of peak flow experience</li> </ul>			
<b>Aggression</b> <ul style="list-style-type: none"> <li>• Difference between aggression and assertive behaviour</li> <li>• Theories of aggression</li> <li>• Strategies to control aggression</li> </ul>			
<b>Motivation</b> <ul style="list-style-type: none"> <li>• Motivation</li> </ul>			
<b>Social facilitation</b> <ul style="list-style-type: none"> <li>• Social facilitation and inhibition</li> <li>• Evaluation apprehension</li> <li>• Strategies to eliminate the adverse effects of social facilitation and social inhibition</li> </ul>			
<b>Group dynamics</b> <ul style="list-style-type: none"> <li>• Group formation</li> <li>• Cohesion</li> <li>• Steiner’s model of potential and actual productivity, faulty group processes</li> <li>• Ringelmann effect and social loafing</li> <li>• Strategies to improve cohesion, group productivity and overcome social loafing to enhance team performance</li> </ul>			
<b>Importance of goal setting</b> <ul style="list-style-type: none"> <li>• Benefits of types of goal setting</li> <li>• Principles of effective goal setting</li> </ul>			
<b>3.2.4 Sport and society and the role of technology in physical activity and sport</b>			
<b>The role of technology in physical activity and sport</b> <ul style="list-style-type: none"> <li>• Understanding of technology for sports analytics</li> <li>• Functions of sports analytics</li> <li>• The development of equipment and facilities in physical activity and sport, and their impact on participation and performance</li> <li>• The role of technology in sport and its positive and negative impacts</li> </ul>			