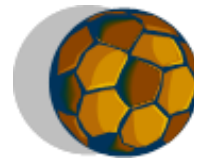


# A – LEVEL PHYSICAL EDUCATION

## Folder Checklist

### Book 2

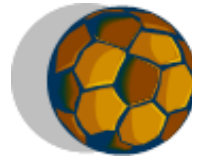


Course Content <b>PAPER 1</b> <b>PAPER 2</b>	Notes	Understood	Revised
<b>3.1.1 Applied Anatomy and Physiology</b>	😊😐😞	😊😐😞	😊😐😞
<b>Energy Systems</b> <ul style="list-style-type: none"> <li>• Energy transfer in the body</li> <li>• Energy continuum of physical activity</li> <li>• Energy transfer during short duration/high intensity exercise</li> <li>• Energy transfer during long duration/lower intensity</li> <li>• Factors affecting VO2 max/aerobic power</li> <li>• Measurements of energy expenditure</li> <li>• Impact of specialist training methods on energy systems</li> </ul>			
<b>2.1.2 Skill Acquisition</b>			
<b>General Information Processing Model</b> <ul style="list-style-type: none"> <li>• Input</li> <li>• Decision making</li> <li>• Output</li> <li>• Feedback</li> </ul>			
<b>Efficiency of information Processing</b> <ul style="list-style-type: none"> <li>• Application of Whiting’s information processing model to a range of sporting contexts</li> <li>• Applied understanding of information processing terms within a sporting context</li> <li>• Definitions of and the relationship between reaction time, response time, movement time</li> <li>• Factors affecting response time</li> <li>• Definitions of anticipation</li> <li>• Strategies to improve response time</li> <li>• Schmidt’s schema theory</li> <li>• Application of schema theory in sporting situations</li> <li>• Strategies to improve information processing</li> </ul>			
<b>3.2.1 Exercise Physiology</b>			
<b>Injury prevention and the rehabilitation of injury</b> <ul style="list-style-type: none"> <li>• Types of injury</li> <li>• Understanding different methods used in injury prevention, rehabilitation and recovery</li> <li>• Physiological reasons for methods used in injury rehabilitation</li> <li>• Importance of sleep and nutrition for improved recovery</li> </ul>			
<b>3.2.2 Biomechanical Movement</b>			
<b>Linear Motion</b> <ul style="list-style-type: none"> <li>• An understanding of the forces acting on a performer during linear motion</li> <li>• Definitions, equations and units of vectors and scalars</li> <li>• The relationship between impulse and increasing and decreasing momentum in sprinting through the interpretation of force/time graphs</li> </ul>			

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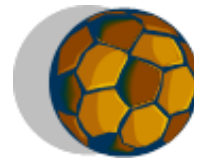


<p>Angular motion</p> <ul style="list-style-type: none"> <li>• Application of Newton’s Laws to angular motion</li> <li>• Definitions and units for angular motion</li> <li>• Conservation of angular momentum during flight, moment of inertia and its relationship with angular velocity</li> </ul>			
<p>Projectile Motion</p> <ul style="list-style-type: none"> <li>• Factors affecting horizontal displacement of projectiles</li> <li>• Factors affecting flight paths of different projectiles</li> <li>• Vector components of parabolic flight</li> </ul>			
<p>Fluid Mechanics</p> <ul style="list-style-type: none"> <li>• Dynamic fluid force</li> <li>• Factors that reduce and increase drag and their application to sporting situations</li> <li>• The Bernoulli principle applied to sporting situations</li> </ul>			
<b>3.2.3 Sport Psychology</b>			
<p>Achievement motivation theory</p> <ul style="list-style-type: none"> <li>• Atkinson’s model of achievement motivation</li> <li>• Characteristics of personality components of achievement motivation</li> <li>• Impact of situational component of achievement motivation</li> <li>• Achievement goal theory</li> <li>• Strategies to develop approach behaviours leading to improvements in performance</li> </ul>			
<p>Attribution theory</p> <ul style="list-style-type: none"> <li>• Attribution process</li> <li>• Weiner’s model and its application to sporting situations</li> <li>• Link between attribution, task persistence and motivation</li> <li>• Self-serving bias</li> <li>• Attribution retraining</li> <li>• Learned helplessness</li> <li>• Strategies to avoid learned helplessness leading to improvements in performance</li> </ul>			
<p>Self-efficacy and confidence</p> <ul style="list-style-type: none"> <li>• Characteristics of self-efficacy, self-confidence, and self esteem</li> <li>• Bandura’s model of self-efficacy</li> <li>• Vealey’s model of self confidence</li> <li>• Effects of home field advantage</li> <li>• Strategies to develop high levels of self-efficacy leading to improvements in performance</li> </ul>			
<p>Leadership</p> <ul style="list-style-type: none"> <li>• Characteristics of effective leaders</li> <li>• Styles of leadership</li> <li>• Evaluation of leadership styles for different sporting situations</li> <li>• Prescribed and emergent leaders</li> <li>• Theories of leadership in different sporting situations</li> </ul>			

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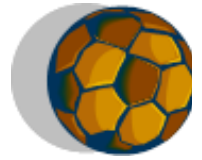


<p>Stress Management</p> <ul style="list-style-type: none"> <li>• Explanation of the terms 'stress' and 'stressor'</li> <li>• Use of warm up for stress management</li> <li>• Effects of cognitive and somatic techniques on the performer</li> <li>• Explanation of cognitive techniques</li> <li>• Explanation of somatic techniques</li> </ul>			
<b>3.2.4 Sport and society and the role of technology in physical activity and sport</b>			
<p>Concepts of physical activity</p> <ul style="list-style-type: none"> <li>• The characteristics and functions of key concepts and how they create the base of the sporting development continuum</li> <li>• The similarities and the differences between these key concepts</li> </ul>			
<p>Development of Elite performers in sport</p> <ul style="list-style-type: none"> <li>• The personal, social and cultural factors required to support progression from talent identification to elite performance</li> <li>• The generic roles, purpose and the relationship between organisations in providing support and progression</li> <li>• The key features of national governing bodies' whole sport plans</li> <li>• The support services provided by national institutes of sport for talent identification</li> <li>• The key features of the UK Sport's World Class Performance Programme, Gold Event Series and Talent Identification and Development</li> </ul>			
<p>Ethics in sport</p> <ul style="list-style-type: none"> <li>• Amateurism, the Olympic Oath, sportsmanship, gamesmanship, win ethic</li> <li>• Positive and negative forms of deviance in relation to the performer</li> </ul>			
<p>Violence in sport</p> <ul style="list-style-type: none"> <li>• The causes and implications of violence in sport in relation to the performer, spectator and sport</li> <li>• Strategies for preventing violence within sport to the performer and spectator</li> </ul>			
<p>Drugs in sport</p> <ul style="list-style-type: none"> <li>• The social and psychological reasons behind elite performers using illegal drugs and doping methods to aid performance</li> <li>• The physiological effects of drugs on the performer and their performance</li> <li>• The positive and negative implications to the sport and the performer of drug taking</li> <li>• Strategies for elimination of performance enhancing drugs in sport</li> </ul>			
<p>Sport and the Law</p> <ul style="list-style-type: none"> <li>• The uses of sports legislation</li> </ul>			
<p>Impact of commercialisation on physical activity and sport, and the relationship between sport and the media</p> <ul style="list-style-type: none"> <li>• The positive and negative impact of commercialisation, sponsorship and the media</li> </ul>			

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<p>Role of technology in physical activity and sport</p> <ul style="list-style-type: none"><li>• Understanding technology for sports analysis</li><li>• Functions of sport 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>			
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