

**Dereham Sixth Form Centre**  
**A-Level Physical Education YEAR 1**

A-level content		Covered in	PAPER
	<b>3.1.1 Applied Anatomy and Physiology</b>		PAPER 1
3.1.1.2	Cardiovascular system	Book 1, chapter 1.1	
3.1.1.3	Respiratory system	Book 1, chapter 1.2	
3.1.1.4	Neuromuscular system	Book 1, chapter 1.3	
3.1.1.5	The musculo-skeletal system and analysis of movement in physical activities	Book 1, chapter 1.4	
	<b>2.1.2 Skill Acquisition</b>		
3.1.2.1	Skill, skill continuums and transfer of skills	Book 1, chapter 2.1	
3.1.2.2	Impact of skill classification on structure of practice for learning	Book 1, chapter 2.1	
3.1.2.3	Principles and theories of learning and performance	Book 1, chapter 2.2	
3.1.2.4	Use of guidance and feedback	Book 1, chapter 2.2	
	<b>3.1.3 Sport and Society</b>		
3.1.3.1.1	Pre-industrial (pre-1780)	Book 1, chapter	
3.1.3.1.2	Industrial and post-industrial (1780–1900)	Book 1, chapter	
3.1.3.1.3	Post World War II (1950 to present)	Book 1, chapter	
3.1.3.2.1	Sociological theory applied to equal opportunities	Book 1, chapter	
	<b>3.2.1 Exercise Physiology</b>		PAPER 2
3.2.1.1	Diet and nutrition and their effect on physical activity and performance	Book 1, chapter 4.1	
3.2.1.2	Preparation and training methods in relation to maintaining physical activity and performance	Book 1, chapter 4.2	
	<b>3.2.2 Biomechanical Movement</b>		
3.2.2.1	Biomechanical principles	Book 1, chapter 5.1	
3.2.2.2	Lever	Book 1, chapter 5.1	
	<b>3.2.3 Sport Psychology</b>		
3.2.3.1.1	Aspects of personality	Book 1, chapter 6.1	
3.2.3.1.2	Attitudes	Book 1, chapter 6.1	
3.2.3.1.3	Arousal	Book 1, chapter 6.1	
3.2.3.1.4	Anxiety	Book 1, chapter 6.2	
3.2.3.1.5	Aggression	Book 1, chapter 6.2	
3.2.3.1.6	Motivation	Book 1, chapter 6.2	
3.2.3.1.8	Social facilitation	Book 1, chapter 6.3	
3.2.3.1.9	Group dynamics	Book 1, chapter 6.3	
3.2.3.1.10	Importance of goal setting	Book 1, chapter 6.3	
	<b>3.2.4 Sport and society and the role of technology in physical activity and sport</b>		
3.2.4.8	The role of technology in physical activity and sport	Book 1, chapter 7.1	