



Subject	Physical Education		
Title/Topic	Format	Length	Date & Time
Paper 1 – Section A, B and C (Factors affecting performance)	Multiple-choice, short answers and longer answer questions (105 marks- 35 marks per section)	2 hours	Thu 2 March 9am – 11am (Amb)

In this assessment the topics I will be assessed on are...

Please see a list of all topics covered so far.

Section A

1. Cardiovascular system/Respiratory system - Cardiac conduction system, Hormonal and neural regulation, Receptors, Cardiac output, stroke volume, heart rate, Starlings law, Impacts on health, Heart disease, Blood pressure and strokes. Cardiovascular drift, venous return, transportation of blood, Haemoglobin and Myoglobin, Oxyhaemoglobin dissociation curve, Bohr shift, Vasoconstriction and vasodilation, Arterio venous oxygen difference.
2. Neuromuscular system - Muscle fibres, PNF, Wave summation, partial and tetanic.
3. Muscular/Skeletal - To identify the type of joint and articulating bones for the **ankle, knee, hip, elbow and shoulder**
 - Recognise that actions in these joints that occur in a frontal plane/sagittal axis as abduction and adduction
 - Recognise that actions in these joints that occur in a transverse plane/longitudinal axis as horizontal abduction and horizontal adduction
 - State the main agonists and antagonists for the actions occurring at these joints
 - Explain the types of muscle contraction: isotonic (concentric/eccentric) and isometric
 - Recognise that actions in these joints that occur in a sagittal plane/transverse axis as flexion, hyper-extension, plantar-flexion and dorsi flexion
4. Diet and nutrition - Elements of a balance diet, carbohydrate loading

Section B

1. Skill
2. Classification of skill
3. Transfer
4. Methods and Types of Practice
5. Feedback and guidance
6. Stages of Learning
7. Learning Plateau
8. Insight
9. Operant Conditioning
10. Social Theory of Learning
11. Constructivism



Section C

Pre-industrial (pre-1780)

- Characteristics and impact on sporting recreation
- Characteristics of popular and rational recreation linked to the two-tier class system

Industrial and post-industrial (1780–1900)

- Industrial Revolution.
- Urbanisation.
- Transport and communication.
- The British Empire.
- Provision through factories.
- Churches and local authorities.
- Three-tier class system (emphasis on middle class and working class).
- Development of national governing bodies.
- Characteristics of sport.
- Consideration of the changing role of women in sport.
- The status of amateur and professional performers

Post World War II (1950 to present)

- Golden triangle – the interrelationship between commercialisation (including sponsorship), media (radio, TV, satellite, internet and social media) and sports and governing bodies.
- The changing status of amateur and professional performers.
- Factors affecting the emergence of elite female performers in football (players and officials), tennis and athletics in late 20th and early 21st century

Sociological theory applied to equal opportunities

- 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: society, socialisation, social processes, social issues and social structures/stratification
- Benefits of raising participation - Health benefits. Fitness benefits. Social benefits.



What should I do to revise and prepare for this assessment?

To prepare for this assessment:

1. Use your work booklets to support your revision
2. Use Dynamic Learning PowerPoints to aid your revision

What useful websites/resources could I use to help me prepare?

1. Use the PowerPoints sent out by class teachers to support your notes
2. Knowledge organisers can be used to revise key terms