



<b>Subject</b>		<b>Physical Education</b>	
<b>Title/Topic</b>	<b>Format</b>	<b>Length</b>	<b>Date</b>
Paper 1 –	Multiple choice questions, short answer questions and long answer questions	2 Hours	Friday 6 January 12.40pm – 2.40pm
Paper 2 –	Multiple choice questions, short answer questions and long answer questions	2 Hours	Thursday 10 January 9.15am – 11.15am

**My Advent assessment will test my knowledge on...**

**Paper 1**

**Section A**

Cardiovascular system  
 Respiratory system – lung volumes  
 Newton’s laws  
 Diet  
 Levers  
 Types of training – continuous training (revise all types of training)  
 Proprioceptive Neuromuscular Facilitation (PNF) – Role of PNF

**Section B**

Stages of learning  
 Feedback – most appropriate for different performers  
 Theories of learning  
 Skill classifications  
 Working memory model  
 Types of practice  
 Guidance

**Section C**

Stereotyping  
 Real tennis characteristics  
 Public sector provision increasing participation for certain individuals  
 Physical and social health benefits of participating in physical activity  
 Barriers to participation for people with disabilities  
 Barriers to participation for female participants  
 Barriers to participation for participants with lower socio-economic backgrounds



**Paper 2**

**Section A**

**Energy systems** - ATP-PC, anaerobic glycolytic system, aerobic system

**EPOC** - interpretation of the graph and its components

**OBLA** -

**Measuring energy expenditure** - VO<sub>2</sub>max, RER, lactate sampling, indirect calorimetry

**Specialist training methods** - HIIT, SAQ, high altitude, plyometrics

**Injuries** - acute and chronic; causes, symptoms, treatment

**Injury prevention methods** - personal protective equipment, warming up, stretching, taping/bracing, screening

**Injury rehabilitation techniques** - proprioceptive training, strength training, hydrotherapy, hyperbaric chambers, cryotherapy

**Recovery after exercise** - compression garments, massage/foam rollers, cold therapy/ice baths/cryotherapy, nutrition and sleep

**Section B**

Types of rewards

Theories of arousal

Types of anxiety

Learning styles (autocratic/laissez-faire)

Types of goals

Aggression – frustration-aggression hypothesis

Impact of spectators on performers – strategies to limit negative effects

Most important aim of a warm up – injury prevention vs stress management

**Section C**

World Class Performance Pathways

Factors to support progression to elite level performance

Support structures for National Institutes of Sport

Funding for amateur athletes

Characteristics of physical recreation

Sportsmanship

Technology and the impact on deviance



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

To prepare for this assessment:

1. Read over class notes
2. Read Dynamic Learning chapters

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

1. Read Dynamic Learning PowerPoints
2. Complete exam questions
3. Complete and revise knowledge organisers