



Subject	Physical Education	
Title/Topic	Format	Length
Paper 1	Section A (35 marks) Section B (35 marks) Section C (35 marks)	2 hours

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

Please see a list of all topics covered so far.

### **The cardiac conduction system**

The Hormonal and Neural regulation of responses during exercise and sport  
 The role of chemoreceptors, baroreceptors and proprioceptors in changes in heart rate  
 How exercise and sport effect cardiac output, stroke volume and heart rate  
 Starling's law of the heart  
 How physical activity impacts on an individuals health  
 How physical activity affects heart disease, blood pressure and strokes  
 What cardiovascular drift is  
 What venous return is and how it affects blood pressure  
 Mechanisms that increase venous return  
 How oxygen is transported around the body using haemoglobin and myoglobin  
 The oxyhaemoglobin dissociation curve  
 The Bohr shift  
 Vasodilation and vasoconstriction & Arterio-venous oxygen difference (A-vO<sub>2</sub> Diff)

### **The respiratory system**

Lung volumes: residual volume, expiratory reserve volume, inspiratory reserve volume, tidal volume and minute ventilation  
 The impact of physical activity on these volumes  
 Gaseous exchange – diffusion and partial pressures  
 Hormonal, neural and chemical regulation of pulmonary ventilation during exercise  
 The role of chemoreceptors, proprioceptors and baroreceptors to help regulate ventilation  
 The effect of poor lifestyle choices on the respiratory system

### **Diet and Nutrition**

To identify the 7 classes of food  
 To identify the exercise-related function of each of these types of food  
 To identify the positive and negative effect of sports supplements on the performer



## **Training, Periodisation and Components of fitness**

Understand the terms quantitative, qualitative, objective, subjective, validity and reliability for exercise performance testing

Explain the physiological benefits of a warm-up and cool-down

Explain the principles of training as SPORT and FITT

Understand and be able to apply the principles of periodisation

Explain how interval, continuous, fartlek, circuits, weights and PNF training can improve physical fitness

## **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 learning
9. Operant Conditioning

## **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 benefit

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



To prepare for this assessment:

Use the Powerpoints provided  
Dynamic learning Powerpoints or your book

### **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