



Subject	Physical Education		
Title/Topic	Format	Length	WC
Paper 1	Section A B and C Multiple-choice, short answer and long answer questions	2 Hours	

In this Advent assessment I will be asked to show I can...

Section A

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-vO₂ 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

Identify Newton's Laws of Motion – applied to sporting movements

- Define Scalars: Speed & Distance using equations and units
- Define Centre of Mass and identify the factors affecting stability
- State 3 classes of lever and give examples of their use in sport
- Identify the mechanical advantage and disadvantage of each class

Section B

- Skill
- Classification of skill
- Transfer
- Methods and Types of Practice
- Feedback and guidance
- Stages of Learning
- Learning Plateau
- Insight learning
- Operant Conditioning
- Personality
- Attitudes
- Arousal
- Anxiety
- Aggression
- Motivation
- Social Facilitation
- Group Dynamics
- Goal Setting



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?

- Read over notes in your booklets
- Read knowledge organisers
- Complete set tasks by the class teacher

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

- Booklets from your class teachers
- Dynamic Learning PowerPoints