

GCSE PE revision PLC with links to online and booklet materials

Key points

- It is advised that teaching and learning should still cover the entire subject content to prepare students for the next stage in their education.
- Topics not explicitly given in the list may appear in low tariff questions, multiple choice or via synoptic questions. **It is vital students and parents understand this.**
- Students' responses to individual questions may draw upon other areas of specification content where relevant, and credit will be given for this where appropriate.
- Students and teachers can discuss this advance information and it is to help students to focus their revision time but it cannot be brought into the exam.
- Students must manage their revision of parts of the specification that may be assessed in areas not covered by the advance notice.
- Students must manage their revision of other parts of the specification that may provide knowledge which helps with understanding the areas being tested in 2022.
- Students will be required to bring together their knowledge, skills and understanding from across the specification in the synoptic assessments; topics not explicitly given in the advance information (AI) may appear. **It is vital students and parents understand this.**

Key to the PLC

Green = has been listed as a topic

Yellow - has not been listed as a major topic but could come up in multiple choice, low tariff or synoptic questions

Exam dates

Paper 1 24th May

Paper 2 10th June

Student Checklist for AQA PE

Topic 3.1: The human body and movement in physical activity and sport

Topic 3.1.1: Applied anatomy and physiology

Topic 3.1.1.1: The structure and functions of the musculoskeletal system

Paper 1 You should	☹	☺	☺	Homework tests on ever learner and purple book questions. Complete the questions then mark them.	Link to GCSEPod
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be able to.....				Answers are in the back of the book	
Identify main bones and their locations.				Checkpoint 2 on everlearner - muscles of body, antagonistic pairs and types of contraction https://theeverlearner.com/assignments/view/268565 Checkpoint 1 on everlearner - skeletal system (joints and movements) https://theeverlearner.com/assignments/view/268567 Revision work book Pages 1-5 9 14	https://members.gcsepod.com/shared/podcasts/title/12402/76330
Know the structure of the skeleton and how it provides a framework for movement, (in conjunction with the muscular system).					https://members.gcsepod.com/shared/podcasts/title/12402/76331
Know the functions of the skeleton and apply them to performance in physical activity. Functions of short long flat bones.					https://members.gcsepod.com/shared/podcasts/title/12402/76331
Identify main muscles of the body. Remember rotator cuffs, anterior tibialis. Know the role of tendons.					https://members.gcsepod.com/shared/podcasts/title/12403/76333
Identify the structure of a synovial joint and how they prevent injury					https://members.gcsepod.com/shared/podcasts/title/12402/76332
Know types of freely moveable joints and how they can differ to allow certain types of movement. Limited to Elbow and Knee and ankle- Hinge and shoulder and hip- Ball and socket.					https://members.gcsepod.com/shared/podcasts/title/12402/76332
Explain how major muscle groups work antagonistically on major joints.					https://members.gcsepod.com/shared/podcasts/title/12403/76334

Know the terms isometric isotonic concentric and eccentric.					https://members.gcsepod.com/shared/podcasts/title/12403/76334

Topic 3.1.1.2: The structure and functions of the cardio-respiratory system

Paper 1 You should be able to.....	You	⊗	☺	☺	Action Required- homework tests on Everlearner and purple book questions	Link to GCSEPod
Know the pathway of air from mouth/nose to the alveoli.					Video lessons: Pathway of Air and Exchange of Gases/Mechanics of Breathing/Transportation of O ₂ and CO ₂ Lung Volumes https://theeverlearner.com/assignments/view/268570 Test subject knowledge: Checkpoint 3 – breathing and blood vessels https://theeverlearner.com/assignments/view/268572	https://members.gcsepod.com/shared/podcasts/title/12404/76406
Explain how gaseous exchange takes place and the features that assist gaseous exchange					Revision work book Pages 15-22	https://members.gcsepod.com/shared/podcasts/title/12404/76406 https://members.gcsepod.com/shared/podcasts/title/13120/79502
Identify blood vessels and their structure.						https://members.gcsepod.com/shared/podcasts/title/12404/76335 https://members.gcsepod.com/shared/podcasts/title/13120/79501
Identify the structure of the heart and explain the cardiac cycle.						https://members.gcsepod.com/shared/podcasts/title/12404/76336
Define terms related to the heart and its actions. Systole, diastole, vasoconstriction, vasodilation, cardiac output, stroke volume,						https://members.gcsepod.com/shared/podcasts/title/12404/76407

heart rate.					
Identify volumes on a spirometer trace and understand how they may change from rest to exercise. Residual volume, inspiratory reserve volume, expiratory reserve volume tidal volume.					https://members.gcsepod.com/shared/podcasts/title/12491/76820
Know the mechanics of breathing – the interaction of the intercostal muscles, sternocleidomastoid and pectorals ribs and diaphragm in breathing.					https://members.gcsepod.com/shared/podcasts/title/12404/76337

Topic 3.1.1.3: Anaerobic and aerobic exercise

Paper 1 You should be able to.....	⊗	☺	☺	Action Required- homework tests on Everlearner and purple book questions	Link to GCSEPod
Explain the terms anaerobic and aerobic exercise. Be able to write the word equations for both of these				Video lessons: Energy systems – aerobic and anaerobic Long term effects of exercise https://theeverlearner.com/assignments/view/268760 Test subject knowledge:	https://members.gcsepod.com/shared/podcasts/title/12404/76408
Link practical examples of sporting situations to aerobic or anaerobic exercise.				Checkpoint 4 – energy systems and effects of exercise https://theeverlearner.com/assignments/view/268764	https://members.gcsepod.com/shared/podcasts/title/12404/76408
Define the term EPOC (Excess post-exercise consumption) and understand that oxygen debt is a result of muscles respiring anaerobically during vigorous exercise and				Revision work book Pages 23-24	

producing lactic acid.					
Explain the recovery process from vigorous exercise. Cool down, rehydration, carbohydrates, ice baths					

Topic 3.1.1.4: The short and long term effects of exercise

Paper 1 You should be able to.....	☹	☺	☺	Action Required – homework tasks on everlearner and purple book questions	Link to GCSEPod
Understand the immediate effects of exercise. Hot sweaty red skin Increase in breathing depth Increased heart rate				Video lessons: Energy systems – aerobic and anaerobic Long term effects of exercise https://theeverlearner.com/assignments/view/268760 Test subject knowledge: Checkpoint 4 – energy systems and effects of exercise https://theeverlearner.com/assignments/view/268764	https://members.gcsepod.com/shared/podcasts/title/12485/76780
Short-term effects (24 to 36 hours) of exercise on the body. Tiredness, light headed, nausea, aching and DOMS				Revision work book Pages 25-27	https://members.gcsepod.com/shared/podcasts/title/12485/76780
Understand the long-term effects of exercise (months and years of exercising) on the body. Body shape may change, improvement in specific fitness, builds muscle strength, improve speed, cardiovascular fitness, improved stamina, increased heart size and lower resting heart rate.					https://members.gcsepod.com/shared/podcasts/title/12485/79032

Topic 3.1.2: Movement analysis

Topic 3.1.2.1: Lever systems, examples of their use in activity and the mechanical advantage they provide in movement

Paper 1 You should be able to.....	☹	☺	☺	Action Required- Homework tasks on everleaner and purple book questions	Link to GCSEPod
Identify and draft first, second and third class lever systems within sporting examples and be able to locate the fulcrum on each one.				Levers and movement patterns https://theeverlearner.com/assignments/view/268914 Test subject knowledge: Checkpoint 5 – Levers https://theeverlearner.com/assignments/view/268917	https://members.gcsepod.com/shared/podcasts/title/12406/76404
Understand the mechanical advantage of each within sporting examples.				Revision work book Pages 28-29	https://members.gcsepod.com/shared/podcasts/title/12406/76405
Analysis of basic movements in sporting examples. Flexion extension adduction abduction plantar flexion dorsiflexion rotation.				Revision work book Pages 6, 7,8	
Link movements to sporting examples. Elbow action in press ups, football throw, Hip, knee and ankle action in running kicking squats and vertical jump Should action in bowling					

Topic 3.1.2.2: Planes and axes of movement

Paper 1	You should be able to.....	☹	☺	☺	Action Required	Link to GCSEPod
	Identification of the relevant planes (frontal, transverse, sagittal) and axes (longitudinal, transverse, sagittal) of movement used whilst performing : front somersault, forward roll ,running 360d degree twist in ice skiing spin, discus Cartwheel					https://members.gcsepod.com/shared/podcasts/title/12406/76338

Topic 3.1.3: Physical training

Topic 3.1.3.1 & 2: The relationship between health & fitness & the role that exercise plays in both – The components of fitness, benefits for sport & how fitness is measured & improved

Paper 1	You should be able to.....	☹	☺	☺	Action Required homework task on everlearner and purple book questions	Link to GCSEPod
	Define health & fitness & explain the relationship between the two.					https://members.gcsepod.com/shared/podcasts/title/11820/72990
	Define 10 components of fitness & link their use into physical activity.				Video lessons: Components of fitness and fitness tests/limitations also warm up and cool down https://theeverlearner.com/assignments/view/268919	https://members.gcsepod.com/shared/podcasts/title/12407/76409 https://members.gcsepod.com/shared/podcasts/title/12407/76410
	Understand the reasons for & the limitations of, fitness testing.				Test subject knowledge: Checkpoint 6 fitness components https://theeverlearner.com/assignments/view/268920	https://members.gcsepod.com/shared/podcasts/title/12407/76411 https://members.gcsepod.com/shared/podcasts/title/12407/76412 https://members.gcsepod.com/shared/podcasts/title/12407/76339 https://members.gcsepod.com/shared/podcasts/title/12407/76340 https://members.gcsepod.com/shared/podcasts/title/11370/69001
	Know the protocols for a test for each component & evaluate the relevance to performers in different sporting activities.				Revision work book Pages 33-47	https://members.gcsepod.com/shared/podcasts/title/12407/76411 https://members.gcsepod.com/shared/podcasts/title/12407/76412 https://members.gcsepod.com/shared/podcasts/title/12407/76339 https://members.gcsepod.com/shared/podcasts/title/12407/76340

Demonstrate the collection of test scores & definitions in the terms of qualitative & quantitative data.					https://members.gcsepod.com/shared/podcasts/title/11781/72516
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Topic 3.1.3.3: The principles of training & their application to personal exercise/training programmes

Paper 1	You should be able to.....	☹	☺	☺	Action Required	Link to GCSE Pod
	Name and explain in use the principles of training to the acronyms of SPORT & FITT.					https://members.gcsepod.com/shared/podcasts/title/13126/79517
	Apply these principles to sporting examples.					https://members.gcsepod.com/shared/podcasts/title/13126/79522
	Know the training methods, what it involves and the purpose. Circuit continuous Fartlek Interval static weight training Plyometric, high altitude training					https://members.gcsepod.com/shared/podcasts/title/11372/69013
	Know the required threshold, target zones and if aerobic or anaerobic for each method and appreciate the need for rest & recovery.					https://members.gcsepod.com/shared/podcasts/title/13126/79521
	Identify the advantages and disadvantages (the effects on the body) of training types linked to specific aims.					

Topic 3.1.3.4: How to optimise training & prevent injury

Paper 1	You should be able to.....	☹	☺	☺	Action Required.	Link to GCSE Pod
					Homework test on everlearner and purple book questions	
	Calculating intensities to optimise training				Revision work book	https://members.gcsepod.com/shared/podcasts/title/13126/79518

effectiveness, considering training zone, MHR & types of training.				Pages 59	
Know the considerations to prevent injury Warm up, issues with over training , appropriate clothing, hydration bracing stretches correct techniques appropriate rest.				Revision work book Pages 60	https://members.gcsepod.com/shared/podcasts/title/11375/69019 https://members.gcsepod.com/shared/podcasts/title/13126/79518
Know specific training techniques & understand different requirements of training at different times of a season to benefit the performer. The three P's					https://members.gcsepod.com/shared/podcasts/title/11374/69018

Topic 3.1.3.5: Effective use of warm up & cool down

Paper 1 You should be able to.....	☹	😊	☺	Action Required-homework test and purple book questions	Link to GCSE Pod
Know how & why to warm up/cool down & the benefits to the performer/performance.				Video lessons: Components of fitness and fitness tests/limitations also warm up and cool down https://theeverlearner.com/assignments/view/268919	https://members.gcsepod.com/shared/podcasts/title/13128/79527
Know and be able to justify the benefits of warming up and cooling down				Test subject knowledge: Checkpoint 6 fitness components https://theeverlearner.com/assignments/view/268920 Revision work book Pages 63,64	https://members.gcsepod.com/shared/podcasts/title/13128/79527

Topic 3.1.4: Use of data

Topic 3.1.4.1/2 & 3: Demonstrate an understanding of how data are collected – both qualitative & quantitative –

Present data (including tables & graphs) – Analyse & evaluate data.

Paper 1 & 2 You should be able to.....	☹	😊	☺	Action Required Purple book questions	Link to GCSE Pod

Know methods of collecting qualitative & quantitative data.					https://members.gcsepod.com/shared/podcasts/title/11781/72516
Ability to present data graphically.				Revision work book Pages 114	
Interpret data in various formats.					

Topic 3.2: Socio-cultural influences & well-being in physical activity & sport

Topic 3.2.1: Sports psychology

Topic 3.2.1.1: Classification of skills (basic/complex, open/closed)

Paper 2 You should be able to.....	☹	☺	☺	Action Required-homework and purple book questions	Link to GCSE Pod
Define skill, ability & classifications of skill choosing & justifying appropriate classifications in relation to sporting examples. Basic /complex Open/closed. Self paced/ externally paced/ gross/fine				Video Lessons: Classification of skills and also information processing model https://theeverlearner.com/assignments/view/268922 Test subject knowledge: Checkpoint 9 skill classification and information processing https://theeverlearner.com/assignments/view/268923 Revision work book Pages 67,68	https://members.gcsepod.com/shared/podcasts/title/12409/76343
Goals, define performance/outcome goals/targets for sporting examples.					https://members.gcsepod.com/shared/podcasts/title/12409/76344

Topic 3.2.1.2: The use of goal setting & SMART targets to improve &/or optimise performance

Paper 2	You should be able to.....	☹	😊	☺	Action Required	Link to GCSEPod
	The use and evaluation of setting performance and outcome goals in sporting examples.					https://members.gcsepod.com/shared/podcasts/title/12409/76344
	The use of SMART targets to improve and/or optimise performance.					https://members.gcsepod.com/shared/podcasts/title/12409/76344

Topic 3.2.1.3 & 4: Basic information processing – Guidance & feedback on performance

Paper 2	You should be able to.....	☹	😊	☺	Action Required	Link to GCSEPod
					Homework tasks on Everlearner and purple book questions	
	Explain the role in each stage of the basic information processing model, (input, decision making, output & feedback).				Video Lessons: Classification of skills and also information processing model https://theeverlearner.com/assignments/view/268922 Test subject knowledge: Checkpoint 9 skill classification and information processing https://theeverlearner.com/assignments/view/268923 Revision work book Pages 72	https://members.gcsepod.com/shared/podcasts/title/12409/76414 https://members.gcsepod.com/shared/podcasts/title/12409/76415
	Identify examples of, and evaluate, the effectiveness of the use of types of guidance, with reference to beginners and elite level performers.					https://members.gcsepod.com/shared/podcasts/title/11782/72520
	Identify examples of, and evaluate, the					

effectiveness of the use of types of feedback, with reference to beginners and elite level performers. (Positive / negative KP KR intrinsic/extrinsic)					
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Topic 3.2.1.5: Mental preparation for performance

Paper 2 You should be able to.....	☹	☺	☺	Action Required	Link to GCSEPod
Define arousal and describe the Inverted-U theory and the relationship between arousal and performance levels.					https://members.gcsepod.com/shared/podcasts/title/11782/72795
Link skills to an appropriate arousal level.					https://members.gcsepod.com/shared/podcasts/title/11782/72795
Explain how stress management techniques are carried out, using sporting examples.					https://members.gcsepod.com/shared/podcasts/title/12409/76345
Define direct and indirect aggression and know examples of each in sport.					https://members.gcsepod.com/shared/podcasts/title/11782/72796
Understand the characteristics of introvert and extrovert personality types, including examples of sports which suit these particular personality types.					https://members.gcsepod.com/shared/podcasts/title/11782/72798
Explain, with appropriate examples, intrinsic and extrinsic motivation linked to sporting examples and evaluate the merits of both.					https://members.gcsepod.com/shared/podcasts/title/11782/72799

Topic 3.2.2 Socio-cultural influences

Topic 3.2.2.1 and 2: Engagement patterns of different social groups in physical activity and sport – commercialisation of physical activity sport

Paper 2 You should be able to.....	☹	😊	☺	Action Required-homework tasks on Everlearner and purple book questions	Link to GCSEPod
Understand the factors that contribute to engagement patterns of different social groups and factors affecting participation. Gender, race, religion, culture, age, family, disability. Be able to make links between engagement patterns and attitudes role models accessibility media coverage culture religion family commitments available leisure time education familiarity disposable income inclusiveness				Video lessons: Engagement patterns of different social groups in physical activity and sport participation https://theeverlearner.com/assignments/view/268931 Commercialisation of physical activity and sport – positive/negative impacts for sponsorship/media and technology https://theeverlearner.com/assignments/view/268932 Test subject knowledge: Checkpoint 11 – Engagement and Commercialisation https://theeverlearner.com/assignments/view/268933 Revision work book Pages 82-84	https://members.gcsepod.com/shared/podcasts/title/12410/76346 https://members.gcsepod.com/shared/podcasts/title/12410/76433 https://members.gcsepod.com/shared/podcasts/title/12410/76413
Define commercialisation and the relationship between sport, sponsorship and the media.				Revision work book Pages 85-87 Revision work book Pages 87	https://members.gcsepod.com/shared/podcasts/title/11817/72977
Define sponsorship and media and examples thereof.					https://members.gcsepod.com/shared/podcasts/title/11817/72974
Justify positive and negative impacts of sponsorship and the media.					https://members.gcsepod.com/shared/podcasts/title/11817/72975 https://members.gcsepod.com/shared/podcasts/title/11817/72976
Be aware of the positive and negative impacts of technology				Revision work book Pages 1-1488,89	https://members.gcsepod.com/shared/podcasts/title/11817/72977

generically within sports.					
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Topic 3.2.2.3: Ethical and socio-cultural issues in physical activity and sport

Paper 2 You should be able to.....	☹	😊	☺	Action Required. Homework on Everlearner and purple book questions	Link to GCSEPod
Definitions of terms related to the conduct of performers, etiquette, sportsmanship, gamesmanship, and contract to compete using sporting examples.					https://members.gcsepod.com/shared/podcasts/title/11818/72978
Positive and negative side effects of prohibited substances, stimulants, narcotic analgesics, anabolic agents, peptide hormones, diuretics.				Video lessons: Ethical and socio-cultural issues in physical activity and sport - Prohibited substances <ul style="list-style-type: none"> • Reasons why hooliganism occurs • Strategies employed to combat hooliganism/spectator behaviour https://theeverlearner.com/assignments/view/268934 Test subject knowledge: Checkpoint 12 - Ethical and socio-cultural issues in physical activity and sport https://theeverlearner.com/assignments/view/268935 Revision work book Pages 91-98	https://members.gcsepod.com/shared/podcasts/title/11818/72980 https://members.gcsepod.com/shared/podcasts/title/11818/72981
Prohibited methods (blood doping), side effects and the type of performers who would benefit.					https://members.gcsepod.com/shared/podcasts/title/11818/72979
Drugs subject to certain restrictions and the type of performer who may use different types of performance enhancing drugs (PEDs) with sporting examples.					https://members.gcsepod.com/shared/podcasts/title/11818/72980 https://members.gcsepod.com/shared/podcasts/title/11818/72981
The advantages/disadvantages of the performer taking PEDs.					https://members.gcsepod.com/shared/podcasts/title/11818/72982

				Revision work book Pages 99	
The disadvantage to the sport/event of performers taking PEDs.					https://members.gcsepod.com/shared/podcasts/title/11818/72982
Spectator behaviour (the positive and the negative effects of spectators at events).					https://members.gcsepod.com/shared/podcasts/title/11818/72983
Suggest the reasons why hooliganism occurs and evaluate strategies used to combat.					https://members.gcsepod.com/shared/podcasts/title/11818/72984

Topic 3.2.3: Health, fitness and well-being

Topic 3.2.3.1: Physical, emotional and social health, fitness and well-being

Paper 2	You should be able to.....	☹	☺	☺	Action Required	Link to GCSEPod
	Linking participation in physical activity, exercise and sport to health, well-being and fitness, and how exercise can suit the varying needs of different people.				Revision work book Pages 82-84	https://members.gcsepod.com/shared/podcasts/title/11820/72990
	Reasons for participation in physical activity, exercise and sport and how performance in physical activity/sport can increase health, wellbeing fitness.					

Topic 3.2.3.2: Socio-cultural influences

Paper 2	You should be able to.....	☹	☺	☺	Action Required	Link to GCSEPod
	You should be able to define sedentary and lifestyle and understand consequences of a sedentary lifestyle. Weight gain obesity, heart disease hypertension diabetes poor sleep poor self esteem lethargy					https://members.gcsepod.com/shared/podcasts/title/11820/72986 https://members.gcsepod.com/shared/podcasts/title/13131/79529
	Know the definition of obesity and how it may affect performance in physical activity and sport.					https://members.gcsepod.com/shared/podcasts/title/11820/72986

Limits stamina, limits flexibility limits agility limits power What it causes in ill health physically = Cancer heart disease diabetes high cholesterol, mentally= depression Loss of confidence and socially= inability to socialise inability to leave home.					
Somatotypes; define endomorph, mesomorph and ectomorph and identify the most suitable body types for particular sports or positions in that sport.					https://members.gcsepod.com/shared/podcasts/title/11820/72987

Topic 3.2.3.3: Energy use, diet, nutrition and hydration

Paper 2 You should be able to.....	☹	☺	☺	Action Required-homework tests and purple book questions	Link to GCSEPod
Understand the bodies need for energy, it's measurement in calories (Kcal), how it's obtained and it's need to vary from one person to another. Men need 2500kcal a day and women 2,000 K/cal a day. Varies according to age gender height exercise levels				Video lessons: Energy use, diet, nutrition and hydration <ul style="list-style-type: none"> • Nutrition – the role of carbohydrates, fat, protein and vitamins/minerals • Reasons for maintaining water balance (hydration) https://theeverlearner.com/assignments/view/268936 Test subject knowledge Checkpoint 13 Energy use, diet, nutrition and hydration https://theeverlearner.com/assignments/view/268939	https://members.gcsepod.com/shared/podcasts/title/11821/72988
Know the reasons for having a balanced diet.					https://members.gcsepod.com/shared/podcasts/title/11821/72988 https://members.gcsepod.com/shared/podcasts/title/11821/72989
Understand the role of carbohydrates, fat, protein and vitamins/minerals in our diet.				Revision work book Pages 107-109	https://members.gcsepod.com/shared/podcasts/title/11821/72989
Understand the importance of hydration and evaluate the consequences of					https://members.gcsepod.com/shared/podcasts/title/11821/72989

dehydration to performance in different sporting activities. blood thickening increased heart rate overheating slow reaction times poor decision making muscle fatigue and cramps.					
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This is the guidance we received form the exam board. We have had to interpret what they have shared.

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Advance information June 2022

GCSE Physical Education (8582)

Version 1.0

Because of the ongoing impacts of the Coronavirus (COVID-19) pandemic, we are providing advance information on the focus of June 2022 exams to help students revise.

This is the advance information for GCSE Physical Education (8582).

Information

- This advance information covers all examined components.
- For each paper the list shows the major focus of the content of the exam.
- Topics not explicitly given in the list may appear in multiple-choice questions, low tariff questions or via synoptic questions. Synoptic questions are those that bring together knowledge, skills and understanding from across the specification.
- It is **not** permitted to take this advance information into the examination.

Advice

- Students and teachers should consider how to focus their revision of other non-listed parts of the specification, which may be tested in lower mark questions.
- Students and teachers should consider how to focus their revision of other non-listed parts of the specification, for example to review whether other topics may provide knowledge which helps understanding in relation to the areas being tested in 2022.
- Students will be credited for using any relevant knowledge from any non-listed topic areas when answering questions.
- Students will still be expected to apply their knowledge.

- - Students will be expected to draw on knowledge, skills and understanding from across the specification when responding to synoptic questions.

Focus of the June 2022 exam

The major focus of the June 2022 exam will be as follows.

Paper 1: The human body and movement in physical activity and sport

3.1.1.1 The structure and functions of the musculoskeletal system

- - How the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints

3.1.1.2 The structure and functions of the cardio-respiratory system

- Blood vessels

- Mechanics of breathing – the interaction of the intercostal muscles, ribs and diaphragm in breathing
- Interpretation of a spirometer trace

3.1.1.3 Anaerobic and aerobic exercise

- The use of aerobic and anaerobic exercise in practical examples of differing intensities

3.1.1.4 The short- and long-term effects of exercise

- Long-term effects of exercise (months and years of exercising)

3.1.2.1 Lever systems, examples of their use in activity and the mechanical advantage they provide in movement

- Analysis of basic movements in sporting examples

3.1.3.2 The components of fitness, benefits for sport and how fitness is measured and improved

- Linking sports and physical activity to the required components of fitness
- Reasons for and limitations of fitness testing

3.1.3.5 Effective use of warm up and cool down

- Warming up and cooling down

Paper 2: Socio-cultural influences and well-being in physical activity and sport

3.2.1.1 Classification of skills (basic/complex, open/closed)

- Classifications of skill

3.2.1.2 Basic information processing

- Basic information processing model

3.2.2.1 Engagement patterns of different social groups in physical activity and sport

- Engagement patterns of different social groups and the factors affecting participation

3.2.2.2 Commercialisation of physical activity and sport

- Positive and negative impacts of sponsorship and the media
- Positive and negative impacts of technology

3.2.2.3 Ethical and socio-cultural issues in physical activity and sport

- Prohibited substances
- Reasons why hooliganism occurs
- Strategies employed to combat hooliganism/spectator behaviour

3.2.3.3 Energy use, diet, nutrition and hydration

- Nutrition – the role of carbohydrates, fat, protein and vitamins/minerals
- Reasons for maintaining water balance (hydration)

END OF ADVANCE INFORMATION