

# A-LEVEL PE Overview

## Paper 1: Factors affecting participation in physical activity and sport

### Section A: Applied Anatomy and Physiology

- Musculo-Skeletal System
- Cardio-respiratory System
- Neuromuscular System
- Energy Systems

### Section B: Skill Acquisition

- Skill Continuums and Transfer of Skills
- Impact of Skill Classification
- Principles and Theories of Learning and Performance
- Use of Guidance and Feedback
- Information Processing

### Section C: Sport and Society

- Emergence of Globalisation of Sport in the 21<sup>st</sup> Century
- Pre-Industrial (Pre 1780)
- Industrial and Post-Industrial (1780-1900)
- Post World War 2 (1950-Present)
- The Impact of Sport on Society and Society on Sport

## Paper 2: Factors affecting optimal performance in physical activity and sport

### Section A: Exercise Physiology and Biomechanics

- Diet & Nutrition
- Training Methods
- Injury Prevention and Rehabilitation
- Biomechanical Movement and Levers
- Linear / Angular / Projectile Motion
- Fluid Mechanics

### Section B: Sport Psychology

- Aspects of Personality / Attitudes
- Arousal / Anxiety / Aggression / Motivation
- Achievement Motivation Theory
- Social Facilitation / Group Dynamics
- Goal Setting
- Attribution Theory / Self-Efficacy and Confidence
- Leadership
- Stress Management

### Section C: Sport and Society and Technology in Sport

- Concepts of Physical Activity and Sport
- Development of Elite Performers in Sport
- Ethics/Violence/Drugs in Sport
- Sport and the Law
- Impact of Commercialisation
- Role of Technology in Sport