

A Level PE – Year 1 & 2 – Mrs Henderson

Identify the areas you have studied at GCSE and prepare notes on them of what you already know.

2.1 Skill Acquisition

1. Classification of Skills
2. Types and Methods of Practice
3. Transfer of Skills
4. Stages of Learning
5. Learning Theories
6. Guidance
7. Feedback
8. Memory

2.2 Sports Psychology

9. Personality
10. Attitudes
11. Motivation
12. Arousal
13. Anxiety
14. Aggression
15. Social Facilitation
16. Groups and Teams
17. Goal Setting
18. Attributions
19. Confidence
20. Leadership
21. Stress Management

A Level PE – Year 1 & 2 – Mr Towns

Identify the areas you have studied at GCSE and prepare notes on them of what you already know.

1 Skeletal and muscular systems

- 1.1 skeletal and muscular systems
- 1.2 Cardiovascular and respiratory systems

2 Exercise Physiology

- 2.1 Diet and nutrition
- 2.2 Preparation and training methods

3 Biomechanics

- 3.1 Newton's laws of motion, force and the use of technology
- 3.2 stability and lever systems

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4 Applied Anatomy and Physiology

- 4.1 Energy for Exercise
- 4.2 Recovery, altitude and heat

5 Exercise Physiology

- 5.1 Injury prevention and the rehabilitation of injury

5 Biomechanics

- 5.1 Linear motion
- 5.2 Angular motion
- 5.3 Fluid mechanics and projectile motion

A Level PE – Year 1 & 2 – Mr Burnett

Identify the areas you have studied at GCSE and prepare notes on them of what you already know.

1 Sport and Society

- 1.1 Emergence and evolution of modern sport
- 1.2 Sport in the 21st century
- 1.3 Global sporting events

2 Contemporary issues in physical activity in sport

- 2.1 Ethics and deviance in sport
- 2.2 Commercialisation and media
- 2.3 Routes to sporting excellence in the UK
- 2.4 Modern technology in sport