

A Level Physical Education Starter Pack



A Level PE

VIRTUAL CLASSROOM

THE EVERLEARNER

QUIZLET

Login to Quizlet and complete the class sets to improve your key term recall

Watch a lesson video created by your teachers to further improve your understanding

LESSON VIDEOS

Conduction System.mp4

Login to The Everlearner and study, practice or test your knowledge and understanding

CLICK THE IMAGES

Complete a past paper question and check if there is an accompanying video tutorial

EXAM PAPERS

OCR
AS Level Physical Education
H155/01 Physiological factors affecting performance
Tuesday 23 May 2017 – Morning
Time allowed: 1 hour 15 minutes

You may use:
• A scientific or graphical calculator

First name: _____
Last name: _____
Centre number: _____
Candidate number: _____

INSTRUCTIONS
Use black ink. HB pencil may be used for graphs and diagrams only.
Answer all the questions.
Complete the boxes above with your name, centre number and candidate number.
Read each question carefully. Make sure you know what you have to do before starting your answer.
• Write your answer to each question in the space provided. If additional space is required, use the lined page(s) at the end of this booklet. The question number(s) must be clearly shown.
• Do not write in the barcodes.

INFORMATION
• The total mark for this paper is 70.
• The marks for each question are shown in brackets [].
• Quality of extended responses will be assessed in the question marked with an asterisk (*).
• This document consists of 16 pages.

BOOKLETS & PRESENTATIONS

Improve your class notes using the official text books if you have purchased one

TEXT BOOK NOTES

EXAM VIDEOS



NETFLIX

If you have **Netflix** then there are some excellent sport documentaries to get you ahead of the game for September!

Sport Course Movies and Videos



FSN Sports Science

Robert Eddon • 60 videos • 24,204 views • Last updated on 2 Apr

▶ Play all

◀ Share

+ Save

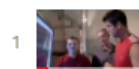
YouTube

Search “**FSN Sports Science**” on YouTube for a playlist showcasing some of the best Anatomy and Physiology videos



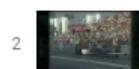
The Psychology of a Winner 2018 DOCUMENTARY on peak performance and sports psychology

Search – “**The Psychology of a Winner 2018 Documentary**” on peak performance and sports psychology



[FSN Sport Science - Ep9 - Tricks of the Trade - Jason Kapono](#)

by sportsfan50



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Sets (26)

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31 sets

4 members

St Thomas More RC Academy - North Shields



OCR A Level PE

OCR A Level PE- Mr T

Sets

Members

Join the STM A Level PE Quizlet Group – enter this into your browser:

<https://quizlet.com/join/aTst2qzPH>

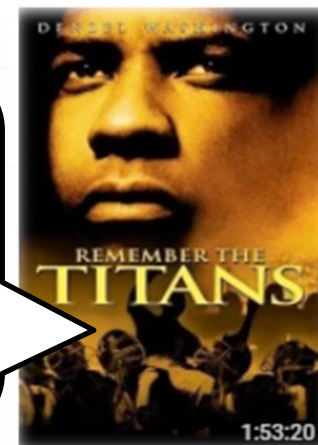


Olympic 100m, 200m champ.

Sport psychology - inside the mind of champion athlete: Martin Hagger at TEDxPerth

Search “**Sport psychology - inside the mind of champion athletes: Martin Hagger at TEDxPerth**”

Watch “**Remember the Titans**” “**Coach Carter**” “**Any Given Sunday**” “**Concussion**” “**The Blind Side**” “**Friday Night Lights**” “**Million Dollar Baby**” “**Invictus**” to help put some of the topics covered in PE into context





VELOCITY

"The rate of change in displacement"



Velocity = Displacement / Time Taken

m/s m s



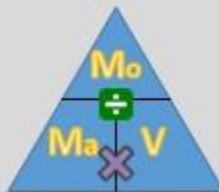
MOMENTUM

"The quantity of motion possessed by a moving body"



Momentum = Mass x Velocity

kgm/s kg m/s



ACCELERATION

"the rate of change in velocity"



Acceleration = (final velocity - initial velocity) / time taken

m/s/s m/s s



Usain Bolt

FNAU



100mPB=9.58s

Displacement=100m

Mass=94kg

20m Split Time=2.88



TASK - Using only this data produce a scientific report using the 4 concept triangles to create a picture of his performance.

Newton's Laws of Motion



"A **body** continues in a state of **rest** or **uniform velocity** unless acted upon by an **external** or **unbalanced force**"



"A **body's** rate of change in **momentum** is **proportional** to the size and **direction** of the force applied and acts in the same **direction** as the force applied"



"For every **action** force applied there is an **equal** and **opposite** **reaction** force"

Task - apply these laws to a rugby player taking a conversion kick



FORCE

"A push or a pull that alters the state of motion of a body"



Force = Mass x Acceleration

N kg m/s/s

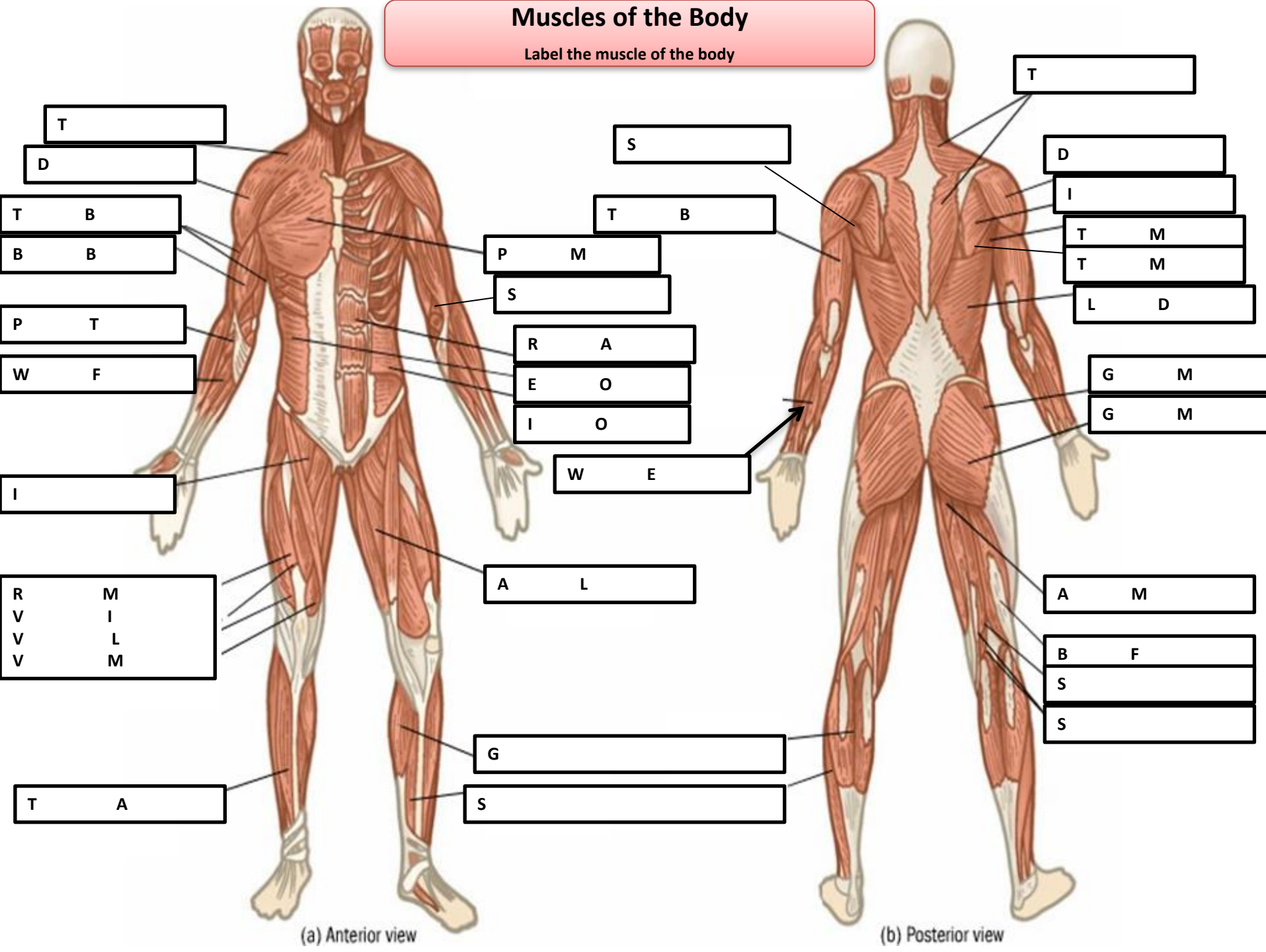


	Mass	10 m split times	100 m
Dwain Chambers	91 kg	1.87 s	9.97 s
Maurice Greene	75 kg	1.86 s	9.80 s
Jason Gardener	94 kg	1.89 s	9.98 s

Task - Find the velocity, momentum and acceleration for all athletes above and the force applied to the blocks to achieve the 10m split times and full 100m race.

Muscles of the Body

Label the muscle of the body



(a) Anterior view

(b) Posterior view

Find the Answers

Label the muscle of the body

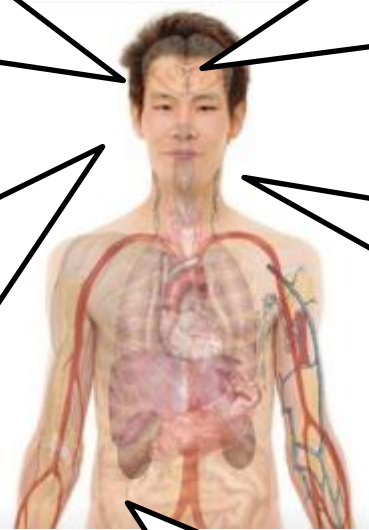
Why do people faint?

What is Usain Bolt's top speed, acceleration and momentum over 100m?

How does the heart actually beat?

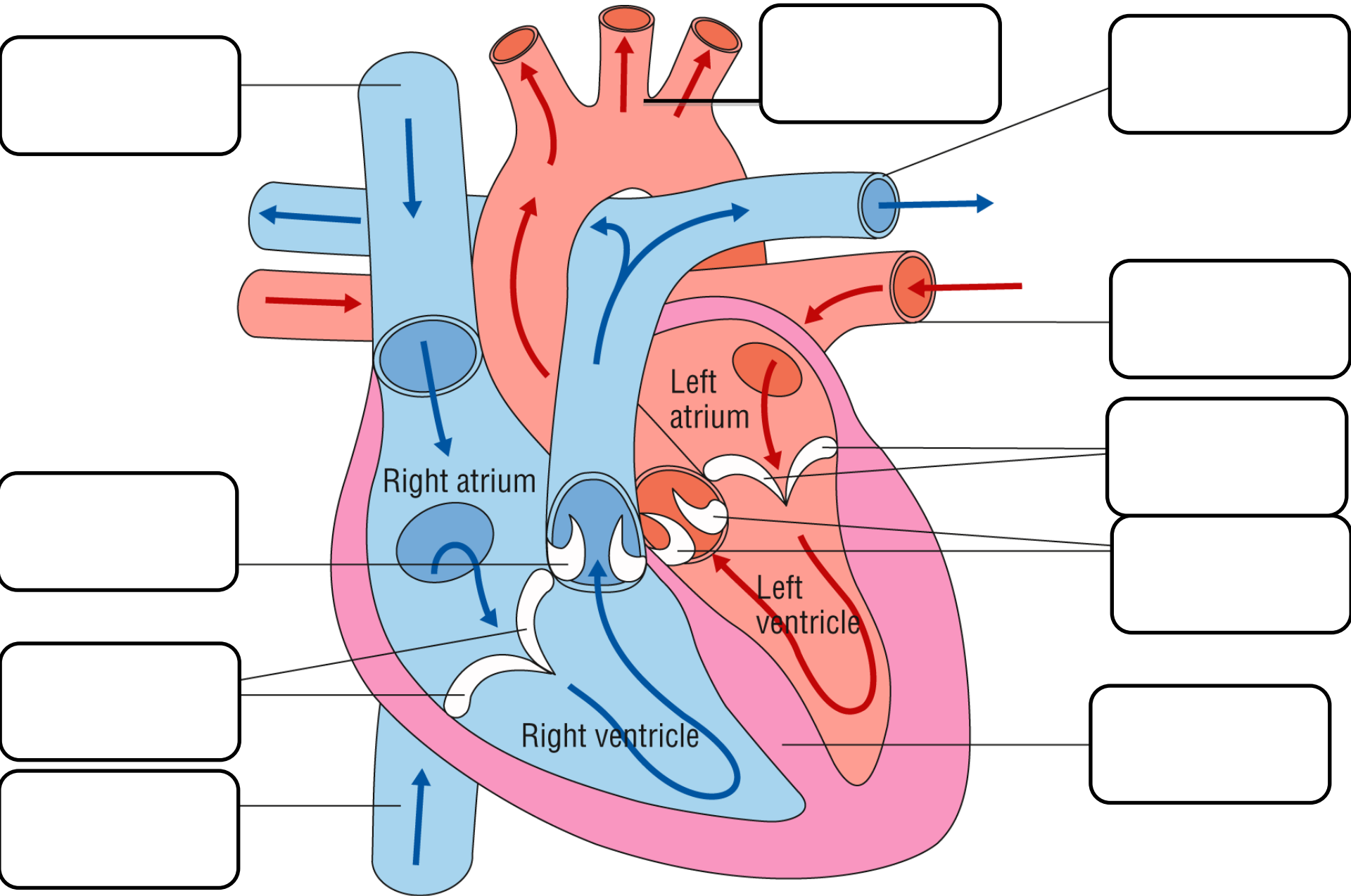
How do we actually breathe?

Research the latest drug scandal in sport – what did they use or do?



Heart and Its Structure

Label the structure of the heart



Skill Acquisition

Research the following skill classifications.

Provide an explanation of each end of the continuum and an example of a suitable sporting skill.

– Muscular involvement

Gross: involves large muscles groups

(Gross - Fine)

Fine: involves small muscle groups and intricate movements



– Environmental influence

– Continuity

– Pacing

– Difficulty

– Organisation

(Open - Closed)

(Discrete - Serial - Continuous)

(Externally paced - Self paced)

(Simple - Complex)

(Low - High)

Produce a POSTER for this task and provide relevant pictures to demonstrate your understanding of each skill classification



Video Footage

Prepare for your practical exam

ESSENTIAL



Obtain video footage of your main sport which will be **assessed** as part of your A-Level grade and is worth 15% of your final A Level mark.

Student Checklist:

- ☐ Record the footage on a good quality **phone camera** or **video camera** and ensure the footage is easily accessible to **download** it onto a computer or memory stick
- ☐ Wear a **bib** or **easily identifiable uniform** to keep track of your movement amongst other team mates
- ☐ The **game/competition** footage needs to be at least **15-20** minutes focusing only on **you** in a **real game/competition setting** – follow your every move and don't zoom in to close!!!
- ☐ Re-watch your footage and note down the time on the video of which you do a certain skill or movement. E.g. 10min5s Shot on goal, 15m4s block tackle etc.

It is essential that you obtain some game/competition/event footage of your sport over the summer to allow us as staff to get an idea of your provisional grade for A Level practical.