



Brighthouse High Sixth Form College A-level Physical Education Induction

The A Level PE course is broken down in to **SIX** different topic areas and assessed at the end of the course through **TWO** written examinations. The table below gives an overview of the areas you will study over the next 2 years;

TOPIC	PAPER 1
Anatomy and Physiology	<ul style="list-style-type: none"> <input type="checkbox"/> Cardiovascular System <input type="checkbox"/> Respiratory System <input type="checkbox"/> Neuromuscular System <input type="checkbox"/> Musculoskeletal System <input type="checkbox"/> Analysis of Movement <input type="checkbox"/> Energy Systems
Skill Acquisition	<ul style="list-style-type: none"> <input type="checkbox"/> Skill classification and transfer of skills <input type="checkbox"/> Methods of Practice <input type="checkbox"/> Theories of Learning and Performance <input type="checkbox"/> Use of Guidance and Feedback <input type="checkbox"/> Memory Models
Sport and Society	<ul style="list-style-type: none"> <input type="checkbox"/> Pre-industrial Recreation <input type="checkbox"/> Industrial and Post-industrial sport <input type="checkbox"/> Sociological Theory and Equal opportunities
TOPIC	PAPER 2
Exercise Physiology	<ul style="list-style-type: none"> <input type="checkbox"/> Diet and Nutrition <input type="checkbox"/> Injury Prevention <input type="checkbox"/> Injury Rehabilitation <input type="checkbox"/> Biomechanics
Sport Psychology	<ul style="list-style-type: none"> <input type="checkbox"/> Personality and Attitudes <input type="checkbox"/> Arousal, Anxiety and Aggression <input type="checkbox"/> Achievement Motivation <input type="checkbox"/> Social Facilitation, Group Dynamics & Goal Setting <input type="checkbox"/> Confidence and Leadership <input type="checkbox"/> Stress Management <input type="checkbox"/> Attribution Theory
Sport in Society & role of technology	<ul style="list-style-type: none"> <input type="checkbox"/> Concepts of Physical Activity and Sport <input type="checkbox"/> Development of Elite Performers in Sport <input type="checkbox"/> Ethics, Violence in Sport and Drugs <input type="checkbox"/> Sport and the Law <input type="checkbox"/> Commercialism and Relationship between Sport and Media

TASK 1:

a) Select an elite sports performer who has suffered a recent injury

- Do some research on the injury, establishing whether it was a chronic or acute injury?
- Discuss what factors may have caused the injury
- Examine what treatment they may have received during their rehabilitation.
- Research different recovery methods such as **hyperbaric chambers and cryotherapy**.



b) Select an elite sportsperson/performer who has taken performance enhancing drugs

- Name the performance enhancing drug(s) that were used.
- Research what benefits these provided to the performer.
- Research the consequences to that sportsperson
- Discuss the punishment the sportsperson received and assess the subsequent on-going consequences for the sport they are involved with.



c) Gender socialisation, discrimination, stereotyping and prejudice.

- Research and state the definition for the above terms.
- Relate each term **to a sport of your choice** using specific sporting examples.



d) Pick one sport and consider as many examples of how technology is changing the game/sport.

- Consider clothing, equipment, officiating, sports science, recovery and analysis of the sport.
- Assess whether technology is having a positive or negative impact on the sport?



TASK 2:

The websites below will help you complete task 2

<https://www.slideshare.net/MrMunday/skill-classification>

<http://www.goffs.herts.sch.uk/documents/pe/asalevel/Acquiring%20Movement/classification%20of%20skill.pdf>

- a) Research each The 6 types of continuum, the type of criteria and use a sporting example to explain your understanding.
- b) Classify a skill of your choice by drawing 6 continuums like below, and place the named skill somewhere between the two end points.
- c) Justify why you have placed the skill on the continuum at that specific point.

An example of what is required is shown below for open and closed skills, so you must complete the other 5 continua!

Example:

Skill Analysed = Football pass



'An open skill is affected by the environment around it whereas a closed skill is unaffected. The environment around an open skill is unpredictable which means the performer must constantly make decisions. Passing in football is an open skill. Within the performer's environment are team mates and opposition, all of whom move unpredictably.'