

SUBJECT: Physical Education	EXAM BOARD AND CODE: AQA 8582
NUMBER OF PAPERS: 2	LENGTH OF PAPERS: 75 minutes per paper
EQUIPMENT REQUIRED Black pen, calculator and ruler.	WEBSITE LINK: http://filestore.aqa.org.uk/resources/pe/specifications/AQA-8582-SP-2016.PDF

Topics to be revised

Paper 1: The Human Body and Movement in Physical Activity and Sport Applied Physiology and Anatomy

The structure and functions of the musculoskeletal system

- Bones (functions and structure of the skeletal system/ structure of a synovial joint)
- Muscles in the body
- Types of movements (actions)

The structure and functions of the cardio-respiratory system

- Pathway of air
- Gaseous exchange
- Mechanics of breathing
- Interpreting a spirometer trace
- Blood vessels including vasodilation and vasoconstriction
- Structure of the heart
- Cardiac cycle and the pathway of blood
- Cardiac output

Anaerobic and aerobic exercise

- Understanding the terms aerobic exercise
- Excess post-exercise oxygen consumption (EPOC)/oxygen debt
- The recovery process (cool-down ice bath, massage and diet)

The short and long-term effects of exercise

- Immediate effects of exercise (during exercise)
- Short-term effects of exercise (24 to 36 hours after exercise)
- Long-term effects of exercise (months and years of exercising)
- Warm up and cool down

Movement Analysis

Lever systems

- First, second and third class lever systems
- Mechanical advantage

Planes and axis of movement

- Relevant planes (frontal, transverse, sagittal) and axes (longitudinal, transverse, sagittal)

Physical Training

- Health and fitness
- The relationship between health and fitness
- The components of fitness
- Reasons for and limitations of fitness testing
- Measuring the components of fitness
- Demonstration of how data is collected for fitness testing
- The principles of training and overload
- Types of training
- Specific training techniques – high altitude training as a form of aerobic training

- Identification of the advantages and disadvantages (the effects on the body) of training types linked to specific aims
- Calculating intensities to optimise training effectiveness
- Considerations to prevent injury
- Seasonal aspects

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

Sports Psychology

- Classification of skills (basic/complex, open/closed)
- Definitions of types of goals
- The use of goal setting and SMART targets to improve and/or optimize performance
- Basic information processing model
- Guidance and feedback on performance
- Mental preparation for performance

Socio-cultural influences

- Engagement patterns of different social groups and the factors affecting participation
- Commercialisation of physical activity and sport
- Sponsorship and the media
- Positive and negative impacts of technology
- Ethical and socio-cultural issues in physical activity and sport
- Prohibited substances
- Prohibited methods (blood doping)
- Drugs subject to certain restrictions (beta blockers)
- Performance enhancing drugs
- Spectator behaviour

Health, fitness and well-being

- Physical, emotional and social health, fitness and well-being
- The consequences of a sedentary lifestyle
- Obesity
- Somatotypes
- Energy use
- Nutrition – reasons for having a balanced diet
- Nutrition – the role of carbohydrates, fat, protein, vitamins and minerals
- Hydration/dehydration