A-LEVEL PE INDUCTION

Course Leader: Mr Brasier

Course break down

- Theory 70%
  - 7 different Theory areas covered across 2 years – Applied Anatomy and Physiology, Exercise Physiology, Biomechanics, Skill acquisition, Sports Psychology, Sport and Society and Contemporary issues in sport.

- Practical 30%
  - 1 sport assessed in year 13. You must have video footage of you playing in a competitive situation as well as completing the practical exam
  - You must also complete a speaking exam including all areas of the theory whilst comparing it to your sport.

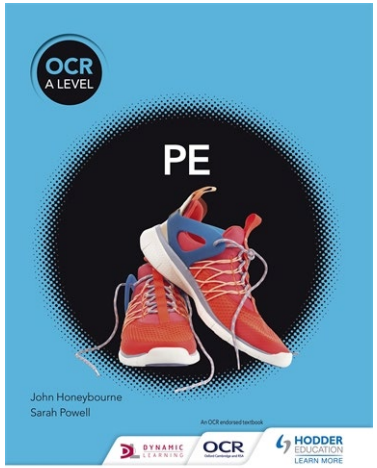
Year 13 Assessment Overview

Content Overview	Assessment Overview	
• Applied anatomy and physiology • Exercise physiology • Biomechanics	**Physiological factors affecting performance** (01)* 90 marks 2 hour written paper	**30%** of total A level
• Skill acquisition • Sports psychology	**Psychological factors affecting performance** (02)* 60 marks 1 hour written paper	**20%** Of total A level
• Sport and society • Contemporary issues in physical activity and sport	**Socio-cultural issues in physical activity and sport** (03)* 60 marks 1 hour written paper	**20%** of total A level
• Performance or Coaching • Evaluation and Analysis of Performance for Improvement (EAPI)	**Performance in physical education** (04)* 60 marks** Non-exam assessment (NEA)	**30%** of total A level

Applied Physiology	Exercise Physiology	Sports Psychology	Sport and Society
Joints, Movements and Muscles	Aerobic Training	Individual differences – Personality, attitudes, Motivation, arousal, anxiety etc	Emergence and evolution of modern sport -
Functional Roles of Muscles, types of contraction	Strength Training	Group and team dynamics in sport	Pre-industrial Britain the effect of class, gender law and order etc
Analysis of Movement	Flexibility Training	Goal setting in sport	Post industrial Britain – amateurism v professional
Muscle contractions and during exercise	Periodisation of Training		Influence of Public Schools
Cardiovascular system at rest, during exercise and recovery	Impact of Training on Lifestyle diseases		20th Century Sport
Respiratory system at rest, during exercise and recovery	Diet and Nutrition and Ergogenic Aids		Global Sporting events

1 course that you need to buy – OCR PE

- There is one course text book that will take you through both years. It is important that you purchase this book.
- A hard copy of the text book is £39.99 there is a 15% off discount code **WP0005668 before 31/10/2019.**
- You can also get an E-book copy £10 for one years access, £16 for 2 year and £23.99 for 3 years
- All these options are available on the Hodder Education website



https://www.mdhteamwear.co.uk/club-shops

Username – swa6form

Password – whitbread

6th form PE Uniform -

Assessment Objectives	
AO1	Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.
AO2	Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.
AO3	Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.
AO4	• Demonstrate and apply relevant skills and techniques in physical activity and sport. • Analyse and evaluate performance.

Sport in society

- **Class**
- **Gender**
- **Law & Order**
- **Education & literacy**
- **Availability of time & money**
- **Transport & globalisation**

Sport in society…

Dissect your sport

Sport through the ages

Future of sport

Task

Using the table and whiteboard pens can you draw a human body and label it in detail. Think of the:

- Muscular system
- Cardiovascular system
- Respiratory system
- Skeletal system

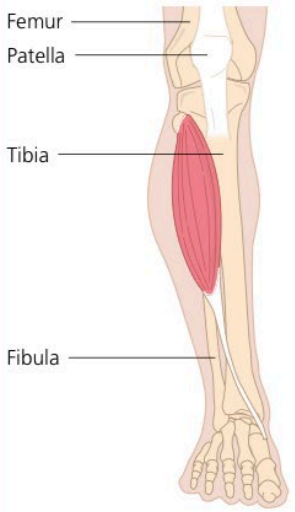
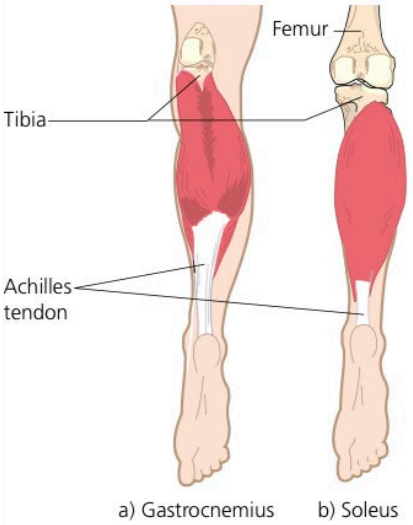
Best/ most detailed body wins!

Summer Task

Anatomy and Physiology

- Its really important to keep on top of your anatomical knowledge.
- Task – Create and learn a detailed movement analysis table for the following joints.
- Shoulder, elbow, wrist, hip, knee, ankle.
- You must include the –Type of joint, Articulating bones, type and plane of movement, Antagonist muscles for the movement and an example of how it is applied in practise, a diagram or picture of the working muscles.

This is how you should set out your work, the ankle is completed for you accept the practical application

Joint type	Hinge joint	
Articulating bones	Tibia, fibula and talus	
Movement	Sagittal plane	
	Dorsi-flexion	Plantar flexion
Agonist muscles	Tibialis anterior 	Gastrocnemius and soleus  a) Gastrocnemius b) Soleus
Practical application		