



# A-LEVEL PE INDUCTION

# Course break down

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## ▶ 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.
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# Year 13 Assessment Overview

Content Overview	Assessment Overview	
<ul style="list-style-type: none"><li>• Applied anatomy and physiology</li><li>• Exercise physiology</li><li>• Biomechanics</li></ul>	<p>Physiological factors affecting performance (01)*</p> <p>90 marks</p> <p>2 hour written paper</p>	<p><b>30%</b> of total A level</p>
<ul style="list-style-type: none"><li>• Skill acquisition</li><li>• Sports psychology</li></ul>	<p>Psychological factors affecting performance (02)*</p> <p>60 marks</p> <p>1 hour written paper</p>	<p><b>20%</b> Of total A level</p>
<ul style="list-style-type: none"><li>• Sport and society</li><li>• Contemporary issues in physical activity and sport</li></ul>	<p>Socio-cultural issues in physical activity and sport (03)*</p> <p>60 marks</p> <p>1 hour written paper</p>	<p><b>20%</b> of total A level</p>
<ul style="list-style-type: none"><li>• Performance or Coaching</li><li>• Evaluation and Analysis of Performance for Improvement (EAPI)</li></ul>	<p>Performance in physical education (04)*</p> <p>60 marks**</p> <p>Non-exam assessment (NEA)</p>	<p><b>30%</b> of total A level</p>



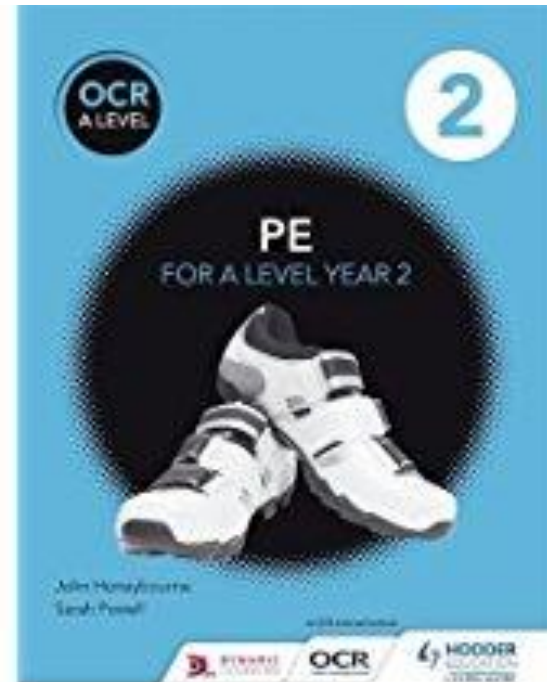
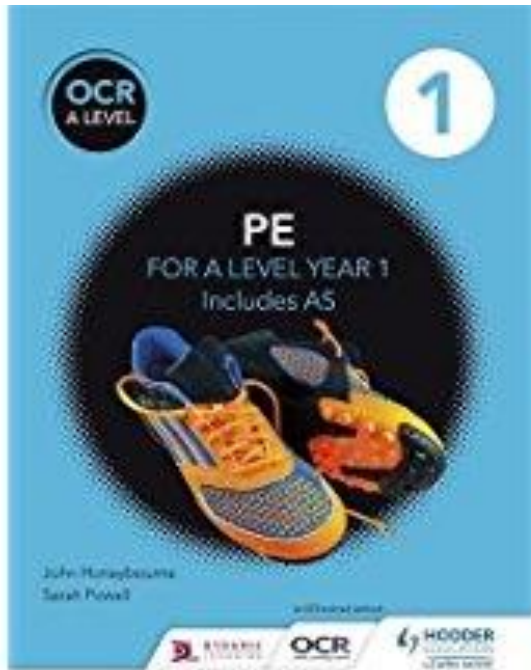
Applied Physiology	Exercise Physiology	Sports Psychology	Sport and Society
Joints, Movements and Muscles	Aerobic Training	Individual differences – Personality, attitudes, Motivation, arousal, anxiety etc	Emergence and evolution of modern sport -
Functional Roles of Muscles, types of contraction	Strength 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		20 <sup>th</sup> Century Sport
Respiratory system at rest, during exercise and recovery	Diet and Nutrition and Ergogenic Aids		Global Sporting events



# 2 course books that you need to buy

## – OCR PE

- ▶ Although these books are titled for year 1 and 2, we don't do AS exams (no exam in year 12) so you will need both books in both years. Once you have brought them you wont need to buy any more for year 13.



# 6<sup>th</sup> form PE Uniform -

<https://www.allroundercricket.com/teamwear/schools/samuel-whitbread-academy>

- ▶ If you type in Samuel Whitbread Allrounder cricket then the website appears





# Motivation and Arousal

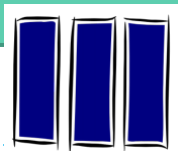


# Objective

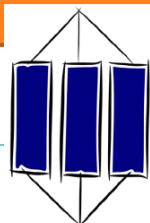
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**Learning Objective:** To analyse the motor control of skills and its impact upon developing effectiveness in physical activity.

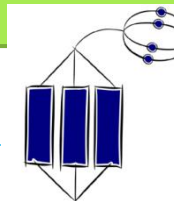
I can describe how arousal can effect motivation and performance.



I explain the major motivation and arousal theories: Drive, Inverted U and catastrophe Theory.



I can critically analyse the methods used by coaches to motivate athletes and to encourage a BAHL.





# Motivation

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- ▶ **Intensity** and **direction** of behaviour

Degree of emotional energy that is felt in different situations by a person.

**AROUSAL**

Response chosen by the individual as a result of the emotional drive.

**Somatic Arousal:**

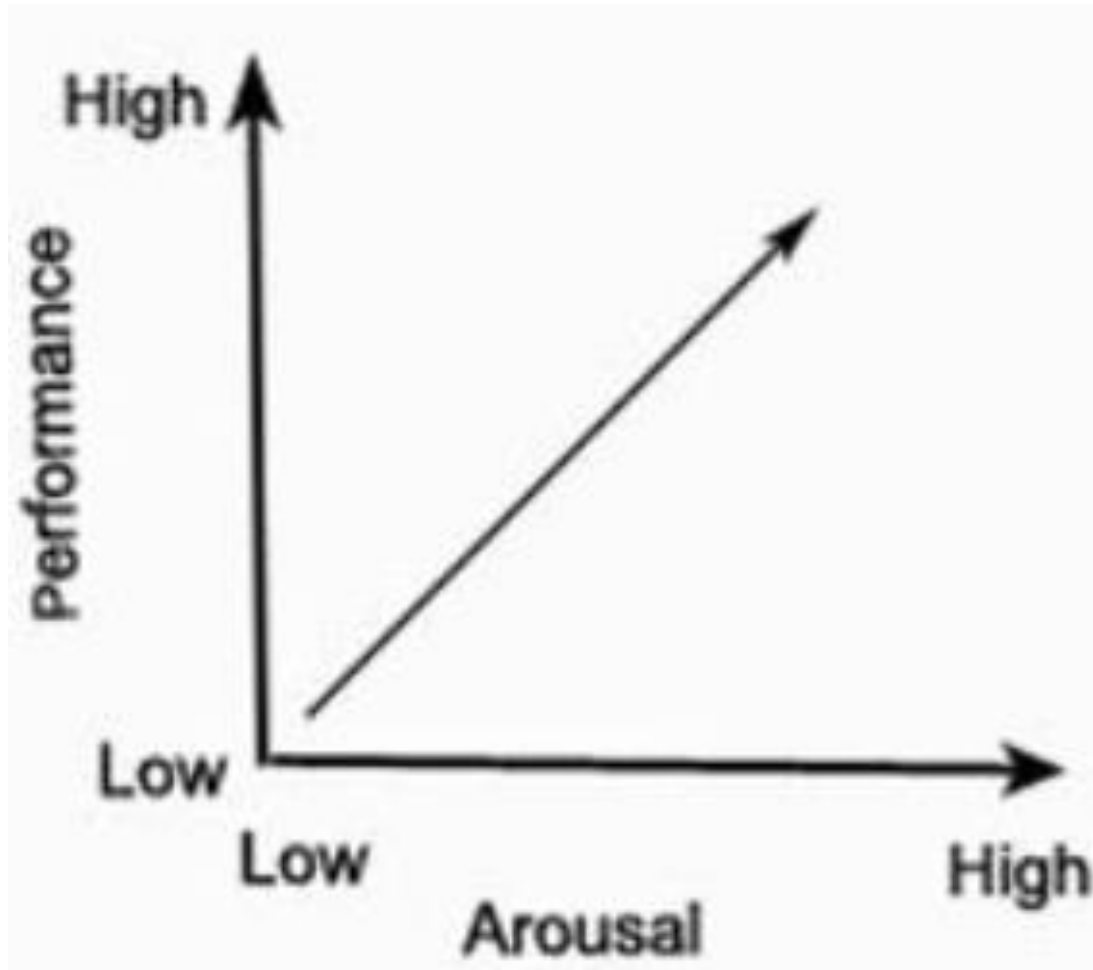
Changing state of the body

**Cognitive Arousal:**

Relates to the mind

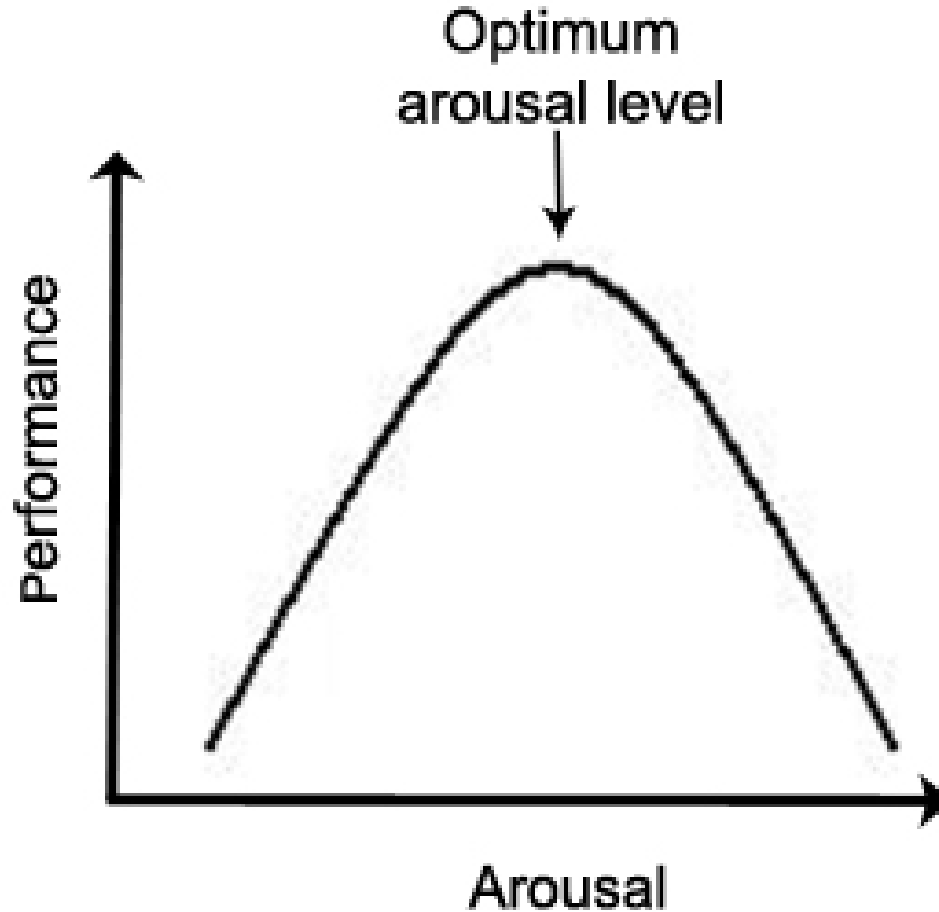
# Drive Theory of Arousal

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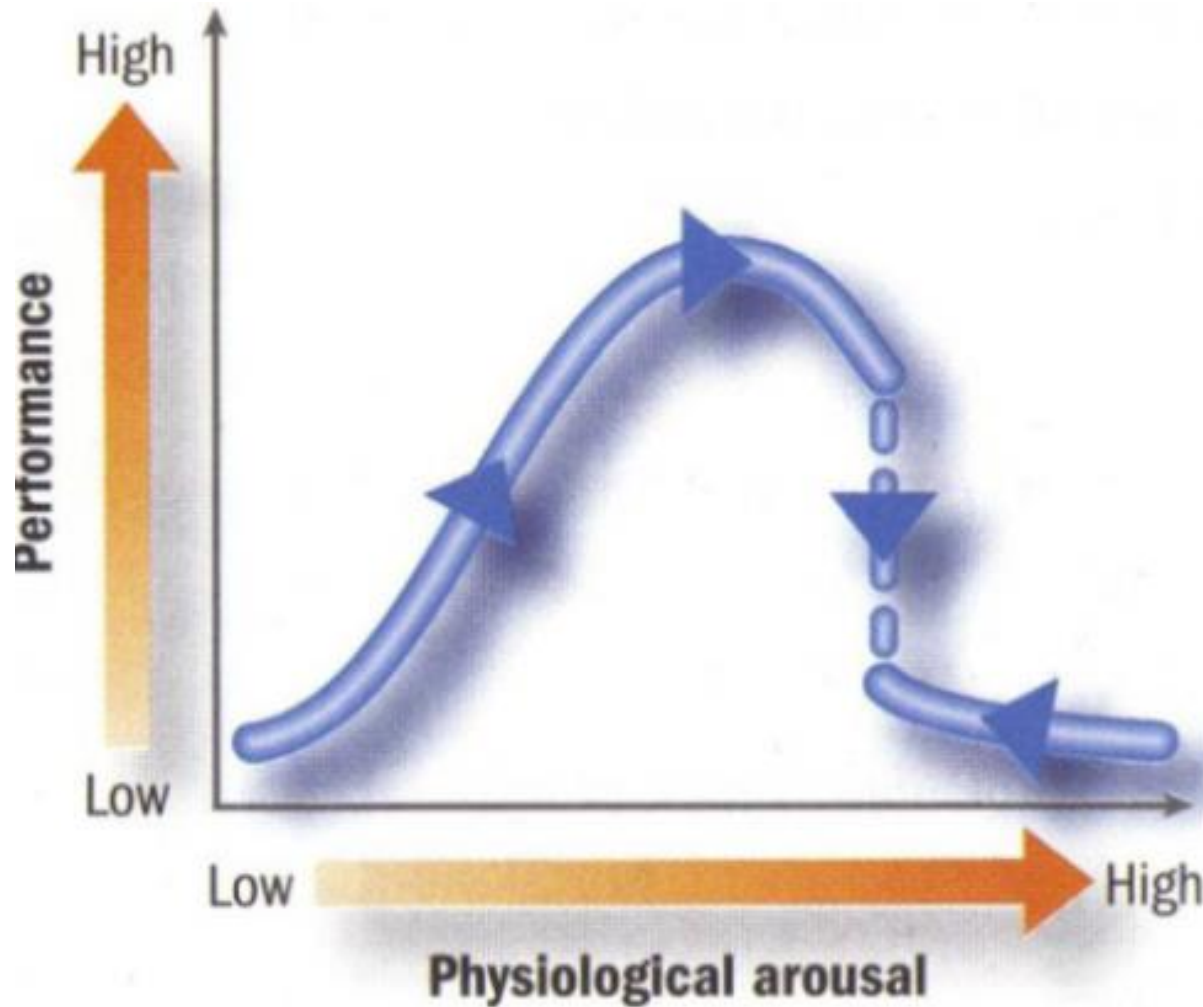
# Inverted – U Theory of Arousal

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# The Catastrophe Theory of Arousal

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# Drive Reduction Theory

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- ▶ Loss of motivation that an athlete may experience if a skill has been previously well learned and becomes tedious.
- ▶ During the autonomous stage of learning the skill is well learned and has formed a strong **S-R Learning Bond**
- ▶ Decreased motivation occurs if too much practice has taken place.



# Critical Evaluation of Inverted U and Catastrophe Theories

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- ▶ <https://www.youtube.com/watch?v=MUKrjXxAm68>



# How can a coach improve motivation?

Fun Activities

Positive Reinforcement

Progression

Role Models

Transfer of skills

Skills and Fitness

Attainable Targets

Negative Reinforcement

Social Experience/ Peer Pressure

Extrinsic Rewards/  
Motivation

Intrinsic Rewards/  
Motivation

Positive Education about  
BAHL

Punishment

Drive Reduction Theory



# Going forward

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- ▶ Contact sheet, please sign and complete.
- ▶ Links to the 6<sup>th</sup> Form PE uniform will be sent out
- ▶ Questions

