

# Sport and Physical Education

Studied over two years

Miss K Brown

Miss K Brown (brown@queenelizabeths.derbyshire.sch.uk)

## Course Content

Students study:

- Applied anatomy and physiology - cardiovascular system, respiratory system, neuromuscular system, musculo-skeletal system and analysis of movement in physical activities
- Skill acquisition - skill, skill continuums and on structure of practice for learning, principles and theories of learning and performance, and
- Sport and Society - emergence of and sociological theory applied to equal opportunities
- Exercise physiology - diet and nutrition and their effect on physical activity and performance, and preparation and training methods in relation to maintaining physical activity and performance
- Biomechanical movement principles and levers
- Sports psychology - aspects of personality, attitudes, arousal, anxiety, aggression, motivation, social facilitation, group dynamics and the importance of goal setting
- Sport and society and the role of technology in physical activity and sport - the role of technology in physical activity and sport

A-Level students study:

- Applied anatomy and physiology - energy systems
- Skill acquisition - memory models
- Exercise physiology - injury prevention and the
- Biomechanical movement - linear motion, angular
- Sports psychology - achievement, motivation, theory, leadership and stress management
- Sport and Society and the role of technology in physical activity and sport - concepts of physical activity and sport, development of elite performers in sport, ethics in sport, violence in sport, drugs in sport, sport and the law, impact of commercialisation on physical activity and sport

GCSE PE is NOT required for success on this course.

## Assessment

| Title   | Assessment           | A Level |
|---|----------------------|---------|
| Paper 1: Factors affecting participation in physical activity and sport <ul style="list-style-type: none"> <li><b>Section A:</b> Applied anatomy and physiology</li> <li><b>Section B:</b> Skill acquisition</li> <li><b>Section C:</b> Sport and society</li> </ul>  | Written Exam:<br>2hr | 35%     |
| Paper 2: Factors affecting optimal performance in physical activity and sport <ul style="list-style-type: none"> <li><b>Section A:</b> ([HUFLVH SK\VLRO RJ\ DQG ELRPHFKDQ 2hr V</li> <li><b>Section B:</b> Sport psychology</li> <li><b>Section C:</b> Sport and society and technology in sport</li> </ul> | Written Exam:<br>2hr | 35%     |
| Practical performance in physical activity and sport <ul style="list-style-type: none"> <li>Students assessed as a performer or coach in the full sided version of one</li> <li>3OXV ZULWWHQ YHUEDO DQDO\VLV RI SHUIR JPDQFH</li> </ul>   | Non-exam Assessment  | 30%     |