



Coloma Sixth Form

PHYSICAL EDUCATION



**“Physical Education is the only subject that makes
your heart race!”**



Specification

This AQA Physical Education (7582) qualification is linear. Linear means that students will sit all their exams (70%) and submit all their non-exam assessment (30%) at the end of the course.

Subject content

- 1. Applied anatomy and physiology
- 2. Skill acquisition
- 3. Sport and society
- 4. Exercise physiology
- 5. Biomechanical movement
- 6. Sport psychology
- 7. Sport and society and the role of technology in physical activity and sport

Assessments

Examination Paper 1	Examination Paper 2	NEA
Factors affecting participation in physical activity and sport	Factors affecting optimal performance in physical activity and sport	Practical performance in physical activity and sport
What's assessed Section A: Applied anatomy and physiology Section B: Skill acquisition Section C: Sport and society	What's assessed Section A: Exercise physiology and biomechanics Section B: Sport psychology Section C: Sport and society and technology in sport	What's assessed Students assessed as a performer or coach in the full sided version of one activity. Plus: written analysis of performance.
How it's assessed Written exam: 2 hours 105 marks 35% of A-level	How it's assessed Written exam: 2 hours 105 marks 35% of A-level	How it's assessed Internal assessment, external moderation 90 marks 30% of A-level



What could this qualification lead to?

PERFORMER



Tennis Player
Netballer
Athlete

BUSINESS

Manufacturing
Retail
Sales

SCIENCE and HEALTH

Sports Doctor
Physiotherapist
Sports Psychologist
Dietician/nutritionist
Sports and exercise adviser
Sports Masseur
GP referral Consultant
Health Promotion Specialist
Biomechanist

MEDIA

Sports Journalist
Sports Commentator



PRACTICAL WORK

Grounds man
Mechanic
Match Official

WORKING WITH PERFORMERS

P.E. Teacher
Personal Trainer
Coach
Instructor



ORGANISATION

Centre Manager
Leisure officer
Administration



Careers with A Level PE

BSC(HONS) Exercise, Nutrition & Health

- Nutritionist
- Senior Pharmacy technician
- Health advisor
- NHS
- Personal trainer

BSC(HONS) Psychology

- Clinical support worker
- Assistant Psychologist
- Lifestyle research
- Marketing and product assistant

BA(HONS) Working with Children & Young People

- Management
- Youth work
- Multi-agency work
- Health or social sector
- Further study eg social work

BSC(HONS) Sport Analysis & Coaching

- Sports coach
- Sports development
- Sports analyst



BSC(HONS) Nutrition

- Sports, Health or Private Nutritionist
- Research technician
- Product development
- NHS

BSC(HONS) Sport Science

- PE teacher
- Sports coach
- Health advisor
- Performance analysis
- Personal trainer
- Health & wellbeing physiologist
- PE & Sport lecturer
- Health research

BSC(HONS) Physiotherapy

- Rehabilitation
- Specialist Clinics
- Mental health programmes
- Sports and fitness clubs
- Military bases
- Hospices & care homes

BSC(HONS) Sport, Physical Education and Coaching Science

- PE teacher
- Leisure & education management
- Sports coach
- Fitness instructor
- Outdoor education



Top 5 universities currently for Sports Science

- Glasgow
- Exeter
- Loughborough
- Edinburgh
- Bath
- Birmingham
- Durham
- Nottingham



Summer Work

- Familiarise yourself with the content for this course by visiting the AQA website:
<http://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582>
- Locate the Specification for A Level PE and look closely at the practical requirements for the NON EXAMINED ASSESSMENT
- You will be assessed in one activity in the role of player/performer or coach.
- It is important that you have a clear understanding of the practical requirements so there is no confusion when you begin the course in September 2021. Therefore, using the specification online please complete the TASK 1 table below:

Task 1 – Non-Exam Assessment (NEA): Practical Performance in Physical Activity and Sport- Player Profile

What sport(s) are you currently actively involved in on a regular basis?	
At what level do you participate in the above sport(s), i.e. school team, club, county, regional, national. (please give details of achievements)	
How often do you attend training sessions for the above named sport(s)?	



<p>What are the <u>skills</u> you need to be able to demonstrate for your Area of Assessment 1? (please see specification pg 33-80 for details)</p>	
<p>What are the <u>skills</u> you need to be able to demonstrate for your Area of Assessment 2? (please see specification pg 33-80 for details)</p>	
<p>What are the skills you need to be able to demonstrate for your Area of Assessment 3? (please see specification pg 33-80 for details)</p>	



Task 2 – Non-Exam Assessment (NEA): Analysis and evaluation of performance

15% of your overall grade will come from a non- examined written piece of work. This requires you to identify strengths and weaknesses in your performance and suggest the causes of the weaknesses along with corrective measure. Please read pages 90-93 of the specification to familiarise yourself with the requirements. Then complete the table below with your initial ideas about your weaknesses. Please note that the weaknesses must be selected from skills listed in your sports criteria (pg 33-80)

Sport:

Weakness	Cause	Correction



Task 3 – Non-Exam Assessment (NEA): Analysis and Evaluation of an ideal model.

For your chosen sport watch a full length game at elite level. You can find lots of these on YouTube. Focus on one player who plays in the same/similar position as you. You should write in, continuous prose, about their strengths and weaknesses across the three areas of assessment (Attacking, defending, tactical). You should also compare your own performance to that of the elite performer. Make this as specific as you can and break down the skills as much as possible

Task 4 – Applied Anatomy and Physiology

As we start by examining the Cardiovascular system, I thought it would be a good idea to check out our understanding of the anatomy of the heart and how it works. Please access the following 21 minute clip on you tube. Have a plain piece of paper handy and some coloured pens / pencils.

<https://www.youtube.com/watch?v=VWamhZ8vTL4>

Your first task is to draw along with the diagram which Dr John Campbell is drawing.

Make sure any labels go right at the edge of your paper so you have space to draw the heart.

Please stop and re watch any parts of the video which are new to you or which you do not understand.

Next, you should answer the following questions (write the question and underline it in one colour and then write your answer [word processed OR hand written on lined A4 is acceptable] in a different colour)

1. Where does the human heart lie in the body?
2. Why does the left ventricle have a thicker muscular wall?
3. Valves contained in the heart, open and close in different directions – why is this so?
4. What names are given to the valves which separate the atria and ventricles on both sides of the heart?
5. What names are given to the valves which are found in the Aorta and the Pulmonary Artery?
6. Arteries and Veins are blood vessels which transport blood around the body. In which direction does the blood flow in each of these vessels?
7. Why does the Pulmonary Artery split into two when it leaves the heart?
8. What is oxygen saturation, and what is considered 'normal range'?
9. What helps the valves to open and close and how are they fixed into the walls of the heart?
10. What is regurgitation?
11. Name the 3 layers of the heart and explain the role of each layer.
12. Make a glossary of all of the words you have used or learned in watching this video clip.



Next watch the shorter video about the flow of blood through the heart and then answer the questions which follow: <https://www.youtube.com/watch?v=sh5DZU2eVxk>

1. The bottom of the heart has a special name, related to its' shape – what is it?
2. 2/3 of the blood returning to the heart goes straight through the atria to the ventricle – how does the remaining 1/3 get into the ventricles?
3. Dr Campbell says that the Atria and Ventricular walls are contractile – what does this mean?
4. How is volume decreased in the ventricles? and what happens to the pressure in the chamber as a result?
5. Explain how the slamming shut of the various valves (explain which) result in us being able to 'hear' the sound when listening with a stethoscope (or feeling the pulse) Which 'noises' are made?
6. Add to your glossary from video clip 1.

Ok so that's the first bit of anatomy finished. Well done for finishing this work. Hopefully you will already be familiar with much of this information but we can certainly add some new terms to our glossary as a result of seeing these video clips

Task 5 – Nutrition

Create a nutrition booklet ensuring that you covered the following in detail:

- Classes of Food
- Vitamins, Minerals and Water
- Food Supplements (Creatine, Sodium Bicarbonate, and Caffeine)
- Glycogen Loading (methods, purpose and scientific benefit)
- Research, annotate and summarise a current article that relates to nutrition in sport

Remember you are an A Level PE student so at all times try to make links to exercise and the impact on the performer.

Task 6 – Skill Acquisition

1. Pick an athlete of your choice – one team athlete and one individual athlete. Research how that athlete keeps their nerves when competing. You may wish to recap some GCSE knowledge here (deep breathing, mental rehearsal, positive self-talk). Your athletes may use different techniques. On Spotify/iTunes/BBC Sounds, find a podcast called "Flintoff, Savage and The Ping Pong Guy" and you want to listen to the episode called "Going to Mexico" where they discuss their own experiences of controlling nerves.

2. One of the first topics you will study is "skill continuums". For each of the skill continuums, you need a definition for each end of the continuum as well as a sporting example: Open – closed. Discrete – serial – continuous. Gross – fine. Self-paced – externally paced. High – low. Simple – complex.



3. Create a glossary for the following key terms for methods of presenting practice:

Whole practice

Whole-part-whole practice

Progressive part practice

Then research which athletes may use each method of presenting practice and why that method suits that sport.

Potential reading/listening for to get you excited about sport psychology:

Podcasts:

Flintoff, Savage and The Ping Pong Guy

Don't Tell Me The Score

Reading:

How To Support A Champion

The Pressure Principle

Grit



Task 7- History and Sport

Create a timeline for the development of your sport. It should include the following

- When it was first played
- When codified rules were introduced
- Major changes in the rules
- Major advancements in technology/equipment
- When the sport became professional (if it has)
- When women started playing the sport

You should also prepare a short presentation to accompany the timeline which can be presented to the class in September.

Task 8 – Sport and Society

1. Research what sporting recreation was like in Pre-industrial Britain (Pre-1780). Research what is meant by the following key terms in relation to sporting recreation.



Key Term	What is meant by the key term?
Rural	
Local	
Two-tier class system	
Mob Football	
Real Tennis	

2. There were two different types of recreation: popular recreation and rational recreation. Research the characteristics of each.

Popular Recreation	Rational Recreation



Task 9 – Terminology – NEA Preparation

Complete definitions for the following terms (many if not all of these you will use at some point during your final written analysis in your NEA).

You are assessed for the quality of your technical and tactical terminology, so it is wealth worth investing time in this.

Key Term	Definition
Power	
Speed	
Strength	
Agility	
Balance	
Vision	
Control	
Coordination	
Flexibility	
Contact	
Flightpath	
Height	
Landing	
Aerodynamic	
Resistance	
Spatial Awareness	



Task 10 – Say what you see – NEA Preparation

Analysing performance is talking about what you see or feel happening in a movement, skill or movement sequence, but doing it in detail. Using the link below write a description about what you see happening in the performance of Usain Bolt.

We are only analysing this one video so don't watch any others.

<https://www.youtube.com/watch?v=nGDRoK0itCw>

Some useful strategies to help you do this:

- Watch the video numerous times – don't expect to see it all in one go
- Pause the video – to help you capture one part of the performance
- Listen to the commentary – does this offer an insight?



Task 11 - Breaking Down the Analysis – NEA Preparation

You will have written a fairly detailed response in the box above, but it may not be quite detailed enough. So, in this activity we are going to analyse body parts involved in helping Usain Bolt achieve his success.

