

## Advance Information Summer 2022

### AS Level

### Physical Education

### H155

We have produced this advance information to help support all teachers and students with revision for the Summer 2022 exams.

#### Information

- This advance information covers all examined components.
- This advance information does **not** cover non-examined assessment (NEA) components.
- The format/structure of the papers remains unchanged.
- There are no restrictions on who can use this advance information.
- You are **not** permitted to take this advance information into the exam.
- This document has **3** pages.

#### Advice

- For each paper the list shows the major focus of the content of the exam. However, students are advised that content not listed may appear on the question papers.
- The areas of content listed are suggested as key areas of focus for revision and final preparation.
- The aim should still be to cover all specification content in teaching and learning.
- Students' responses to individual questions may draw upon other areas of specification content where relevant, and credit will be given for this where appropriate.
- Students and teachers can discuss this advance information.

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## **H155/01 Physiological factors affecting performance**

### **1.1 Applied anatomy and physiology**

- 1.1.a. Skeletal and muscular systems
  - Joints, movements and muscles
    - Lower body
  - Functional roles of muscles and types of contraction
  - Analysis of movement
  
- 1.1.b. Cardiovascular and respiratory systems
  - Cardiovascular system at rest
  - Cardiovascular system during exercise of differing intensities and during recovery
  - Respiratory system at rest

### **1.2 Exercise physiology**

- 1.2.a. Diet and nutrition and their effect on physical activity and performance
  - Ergogenic aids
    - Nutritional aids
  
- 1.2.b. Preparation and training methods in relation to improving and maintaining physical activity and performance
  - Aerobic training
  - Strength training
  - Periodisation of training
  - Impact of training on lifestyle diseases

### **1.3 Biomechanics**

- 1.3.a. Biomechanical principles, levers and the use of technology
  - Biomechanical principles
    - Force
      - net force
      - balanced and unbalanced forces
      - free body diagrams showing vertical and horizontal forces acting on a body at an instant in time and the resulting motion
  - Levers
  - Analysis through the use of technology

## H155/02 Psychological and socio-cultural themes in physical education

### 2.1 Skill acquisition

- Classification of skills
- Principles and theories of learning movement skills
- Stages of learning
- Guidance
- Feedback

### 2.2 Sports psychology

- Individual differences
  - Attitudes
  - Arousal
  - Aggression
- Group and team dynamics in sport
- Goal setting in sports performance

### 2.3 Sport and society

- Emergence and evolution of modern sport
  - How social and cultural factors shaped the characteristics of, and participation in, sports and pastimes in pre-industrial Britain
  - How social and cultural factors shaped the characteristics of, and participation in, sport in post 1850 industrial Britain
    - Influence of public schools
  - How contemporary factors are shaping the characteristics of, and participation in, sport in the 21st century
    - Globalisation of sport
- Global sporting events

## END OF ADVANCE INFORMATION

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