



A-LEVEL PE 2022 - Course Content

Topics not explicitly given in the list may appear in multiple-choice questions, low tariff questions or via synoptic questions. Synoptic questions are those that bring together knowledge, skills and understanding from across the specification.

The major focus of the June 2022 exam will be as follows:

Paper 1: Factors affecting participation in physical activity and sport

3.1.1.6 Energy systems • Energy transfer during short duration/high intensity exercise. • Energy transfer during long duration/lower intensity exercise. • Impact of specialist training methods on energy systems.

3.1.2.2 Impact of skill classification on structure of practice for learning • Types of practice.

3.1.2.3 Principles and theories of learning and performance • Stages of learning and how feedback differs between the different stages of learning. • Learning plateau.

3.1.3.1.2 Industrial and post-industrial (1780–1900) • Characteristics and impact on sport (limited to development of association football, lawn tennis, rationalisation of track and field events and the role of the Wenlock Olympian Games).

3.1.3.2.1 Sociological theory applied to equal opportunities • The interrelationship between Sport England, local and national partners to increase participation at grass roots level and underrepresented groups in sport.

3.2.1.1 Diet and nutrition and their effect on physical activity and performance • Positive and negative effects of dietary supplements/manipulation on the performer.

3.2.3.1.10 Importance of goal setting • Principles of effective goal setting.

Paper 2: Factors affecting optimal performance in physical activity and sport

3.2.1.2 Preparation and training methods in relation to maintaining physical activity and performance • Understanding of the key terms relating to laboratory conditions and field tests.

3.2.1.3 Injury prevention and the rehabilitation of injury • Understanding different methods used in injury prevention, rehabilitation and recovery.

3.2.2.5 Projectile motion • Factors affecting horizontal displacement of projectiles.

3.2.2.6 Fluid mechanics • The Bernoulli principle applied to sporting situations.

3.2.3.1.2 Attitudes • Triadic model

3.2.3.1.11 Attribution theory • Strategies to avoid learned helplessness leading to improvements in performance.

3.2.3.1.12 Self-efficacy and confidence • Bandura's Model of self-efficacy.

3.2.3.1.13 Leadership • Theories of leadership in different sporting situations.

3.2.4.3 Ethics in sport • Understanding of the key terms relating to ethics in sport.

3.2.4.6 Sport and the law • The uses of sports legislation.

3.2.4.7 Impact of commercialisation on physical activity and sport and the relationship between sport and the media • The positive and negative impact of commercialisation, sponsorship and the media.