

A Level Physical Education

A Level PE is a very challenging. It is a broad subject which combines a number of different disciplines. It is a mixture of scientific study, historical/ sociological debate, performance and analysis. In order to progress at A Level PE you need to develop excellent organisational skills. Please ensure you are ready for the course by organising the following items:

- AS Level textbook
- Ring binder folder and coloured dividers
- Pencil case with a pen and a spare pen, highlighters and ruler
- Pad of lined paper
- Access to KLIC (login details) to download relevant materials

The bridging work **MUST** be completed for each of your courses by the time you start your course. Your work will be assessed in September. Anyone not completing the work or producing such poor quality will be re-interviewed about their place on the course.

There are 7 sections to the course

1. Applied anatomy and physiology
2. Skill acquisition
3. Sport and society
4. Biomechanical movement
5. Sport psychology
6. Sport and society and the role of technology in physical activity and sport
7. Practical performance, analysis and evaluation.

The work outlined below will cover tasks from the first 3 sections.

Section One: Applied Anatomy and Physiology

Research the Cardiovascular System and answer the following questions

1. Describe the route of blood through the heart
2. Describe what is meant by cardiac output
3. Describe how cardiac output is affected by physical activity

Section Two: Skill Acquisition

Create a poster outlining skills on a continuum (you will need to research what this means)

Section Three: Sport and Society

Create a one page report on the following areas.

- Emergence of globalisation of sport in the 21st century
- Pre-industrial (pre-1780)
 - Characteristics and impact on sporting recreation
 - Characteristics of popular and rational recreation linked to two-tier class system

Please also complete the attached 8 mark question.

Question: Explain why the physical preparation and mental preparation for performers in golf and rugby may differ? (8 marks)

AO1

Explain physical preparation

Explain mental preparation

AO2

Describe and relate to golf and rugby

Heart Rate	
Oxygen	
Synovial fluid	
Range of movement	
Stress management	
Visualise	
Putt	
Try	

AO3

Evaluate the difference between golf and rugby

Intense	
Pulse raiser	
Mobility exercises	
Arousal levels	
Putting	
Concentration	
Fine skills	
Gross skills	
Rucking	