

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 and A Level textbook
- Ring binder folder and coloured dividers
- Pencil case with a pen and a spare pen, highlighters and ruler
- Pad of lined paper

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

Give a description and a sporting example of each of the following skill continua:

Open - closed skills

Gross - fine skills

Self- paced - externally paced skills

Discrete -continuous - fine skills

High - low skills

Simple - complex skills

Section Three: Sport and Society

Create a one-page report on the following:

1. What popular recreation is
2. An example in sport of popular recreation from the lower class and from the upper class.
3. Characteristics of popular recreation
4. What Rational recreation is
5. An example in sport of rational recreation
6. Characteristics of rational recreation

