



Year 12

Paper 1: Factors Affecting Physical Activity and Sport

Section A – Applied Anatomy and Physiology:
Students develop knowledge and understanding of the changes within the body systems prior to during and after exercise.
1. Musculo-skeletal system and analysis of movement in physical activities.

Section C – Sport and Society:
Students develop knowledge of the interaction between and the evolution of sport and society.
1. Pre-Industrial, Industrial and Post-Industrial Sport.



Y12 Assessment 1

Section A – Applied Anatomy and Physiology:
2. Cardio-vascular and Respiratory systems



Section B – Skill Acquisition:
2. Principles and theories of learning and performance. Guidance and feedback.



Section C – Sport and Society:
2. Post World War II Sport



Y12 Assessment 2



Course Introduction
Examination and Non-Examination Assessment requirements.

Section B – Skill Acquisition:
This section focuses on how skill is acquired and the impact of psychological factors on performance.
1. Skill, Skill classification, transfer of skills, structure of practice for learning.

Introduction to NEA –
Students demonstrate and apply relevant skills and techniques in physical activity for one activity. In addition they complete a written analysis and evaluation of performance.

Year 13

Paper 2: Factors Affecting Optimal Performance in Physical Activity and Sport

Section A – Exercise Physiology & Biomechanics:
1. Diet and Nutrition and their effect on physical activity and performance.

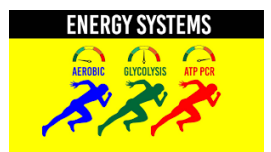
Section B – Sports Psychology:
1. Personality, Attitude, Arousal, Anxiety, Stress Management and Aggression.

Section C – Sport and Society and Technology in Sport:
1. Concepts of Physical Activity. Elite Sport Development.

Y12 Mock Examination

Section C – Sport and Society:
3. Impact of sport on society and of society on sport

Section B – Skill Acquisition:
3. Information Processing



Y13 Assessment 1



Section A – Exercise Physiology & Biomechanics:
2. Training methods, Injury prevention and rehabilitation of injury.

Section B – Sports Psychology:
2. Achievement motivation, Social Facilitation, Group Dynamics and Leadership.

Section C – Sport and Society and Technology in Sport:
2. Ethics, Violence, Drugs in Sport and Sport and the law.

Y13 Mock Examination



Section A – Exercise Physiology & Biomechanics:
3. Biomechanical Movement

Section C – Sport and Society and Technology in Sport:
3. Commercialisation and the role of technology in sport.



Section B – Sports Psychology:
3. Attribution, Goal setting and Self Confidence.



Final Examination

