

Personal Learning and Revision Checklist

Use this checklist to make sure that all topics are covered in your revision and to ensure you know what your focus areas are.

Subject: Physical Education

TIER: AS Level

Topic	RAG Rate	Further support required?
H555/01 Physiological factors affecting performance		
1.1 Applied anatomy and physiology		
1.1.a Skeletal and muscular systems <ul style="list-style-type: none"> • Joints, movements and muscles <ul style="list-style-type: none"> ◦ Lower body • Functional roles of muscles and types of contraction • Analysis of movement 		
1.1.b Cardiovascular and respiratory systems <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Ergogenic aids <ul style="list-style-type: none"> ◦ Nutritional aids 		

1.2.b Preparation and training methods in relation to improving and maintaining physical activity and performance <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Biomechanical principles <ul style="list-style-type: none"> ○ Force <ul style="list-style-type: none"> ■ 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 		
H555/02 Psychological factors affecting performance		
2.1 Skill acquisition		
<ul style="list-style-type: none"> • Classification of skills • Principles and theories of learning movement skills • Stages of learning • Guidance • Feedback 		
2.2 Sports psychology		
Individual differences		

<ul style="list-style-type: none"> • Attitudes • Arousal • Aggression 		
Group and team dynamics in sport		
Goal setting in sports performance		
H555/03 Socio-cultural issues in physical activity and sport		
3.1 Sport and society		
<p>Emergence and evolution of modern sport</p> <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> ◦ Influence of public schools • How contemporary factors are shaping the characteristics of, and participation in, sport in the 21st century <ul style="list-style-type: none"> ◦ Globalisation of sport 		
Global sporting events		