



Transition Pack

Wigston College

A level PE



Summer 2021

Name: _____

Total Marks: 60

/60

Introduction to the course:

Component 01: Physiological factors affecting performance

- 1.1 Applied anatomy and physiology
- 1.2 Exercise physiology
- 1.3 Biomechanics, including technology in sport.

Component 02: Psychological and socio-cultural themes in physical education

- 2.1 Skill acquisition
- 2.2 Sports psychology
- 2.3 Sport and society.

Each area is taught by a separate teacher.

In addition you will have **practical** lessons in various different sports.

Practical assessment is in 1 sport, along- side an evaluation of performance for improvement.

Content Overview	Assessment Overview	
<ul style="list-style-type: none">• Applied anatomy and physiology• Exercise physiology• Biomechanics, including technology in sport	Physiological factors affecting performance (01)* 70 marks 1 hour 15 minute written paper	35% of total AS level
<ul style="list-style-type: none">• Skill acquisition• Sports psychology• Sport and society	Psychological and socio-cultural themes in physical education (02)* 70 marks 1 hour 15 minute written paper	35% of total AS level
<ul style="list-style-type: none">• Performance or Coaching• Evaluation of Performance for Improvement (EPI)	Performance in physical education (03)* 60 marks Non-exam assessment (NEA)	30% of total AS level

Sport and Society

Hosting a Global Sports Event (such as the Olympics)

Fill in the boxes below, thinking about the **positives** and **negatives** to the host city/country. **(10 Marks)**

Sporting	Social
Economic	Political

Sport Psychology

Arousal

Define arousal? _____

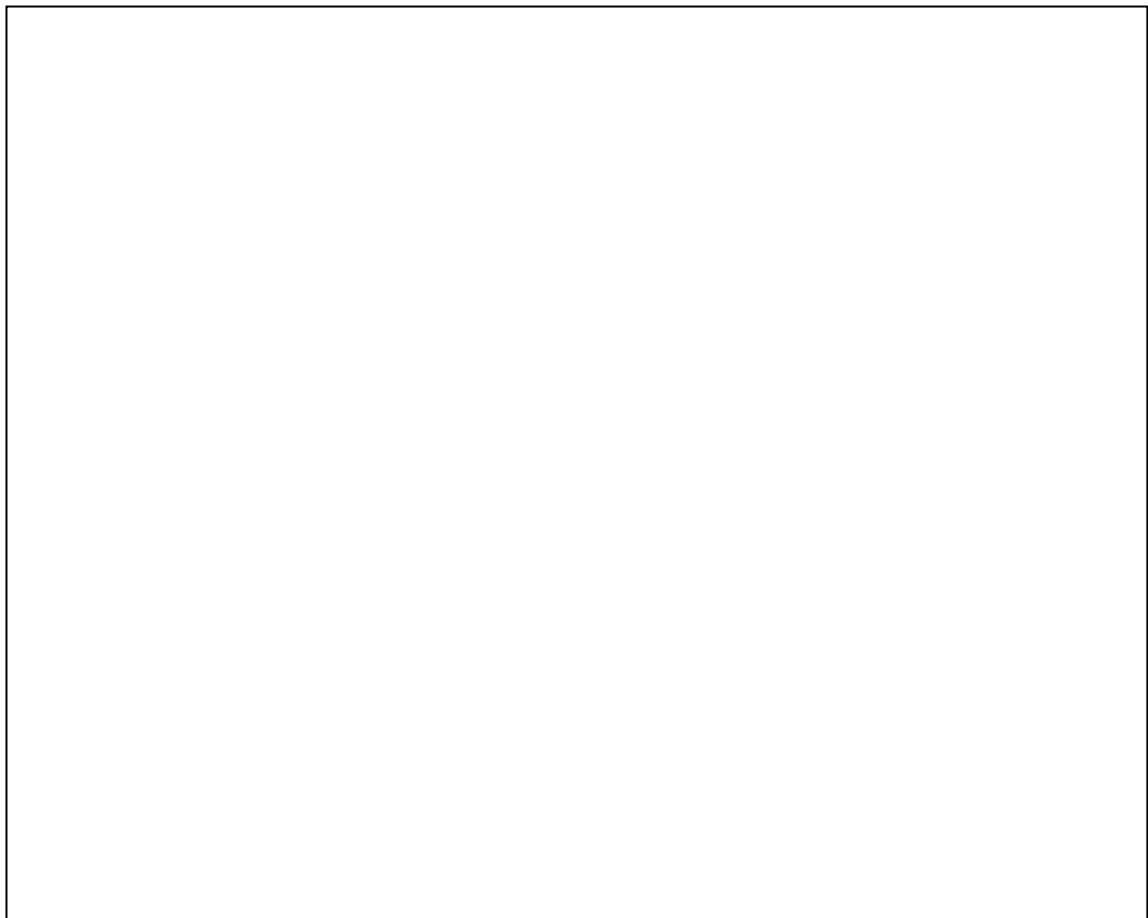
(3 Marks)

What is 'Drive Theory'?

(3 Marks)

Draw and label a diagram describing/explaining Inverted U theory?

(6 Marks)



Skill Acquisition

In order to improve their performance, badminton players need motivation.

Explain the meaning of the term 'motivation'?

(3 marks)

How could a coach motivate a badminton player to improve?

(3 marks)

Briefly explain the terms 'ability' and 'skill'.

(3 marks)

What are the characteristics of a skilled performance?

(3 marks)

Describe how the type of feedback being used by a long jumper differs between the early stage of learning and the final stage of learning.

(4 marks)

Define and give a sporting example for each of the following: **(6 Marks)**

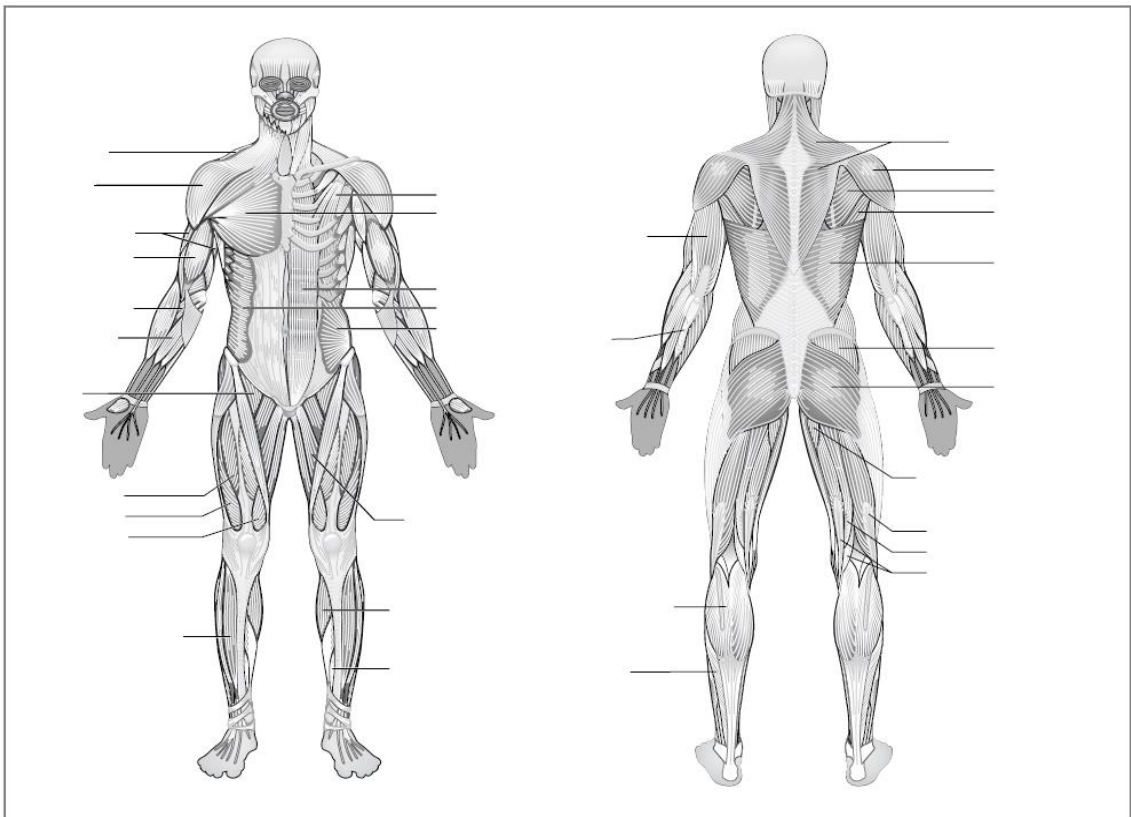
Newton's First Law

Newton's Second Law

Newton's Third Law

Exercise Physiology

The muscular system: Label at least 24 muscles on the diagram below (you need to write the complete names for the muscles within the quadriceps and hamstring, and you might find the lines confusing at times) **(8 Marks)**



Complete the table below – 4 different categories of joint in the body along with an example and the possible movements (some will have more than others). **(8 Marks)**

Joint	Example	Movements possible