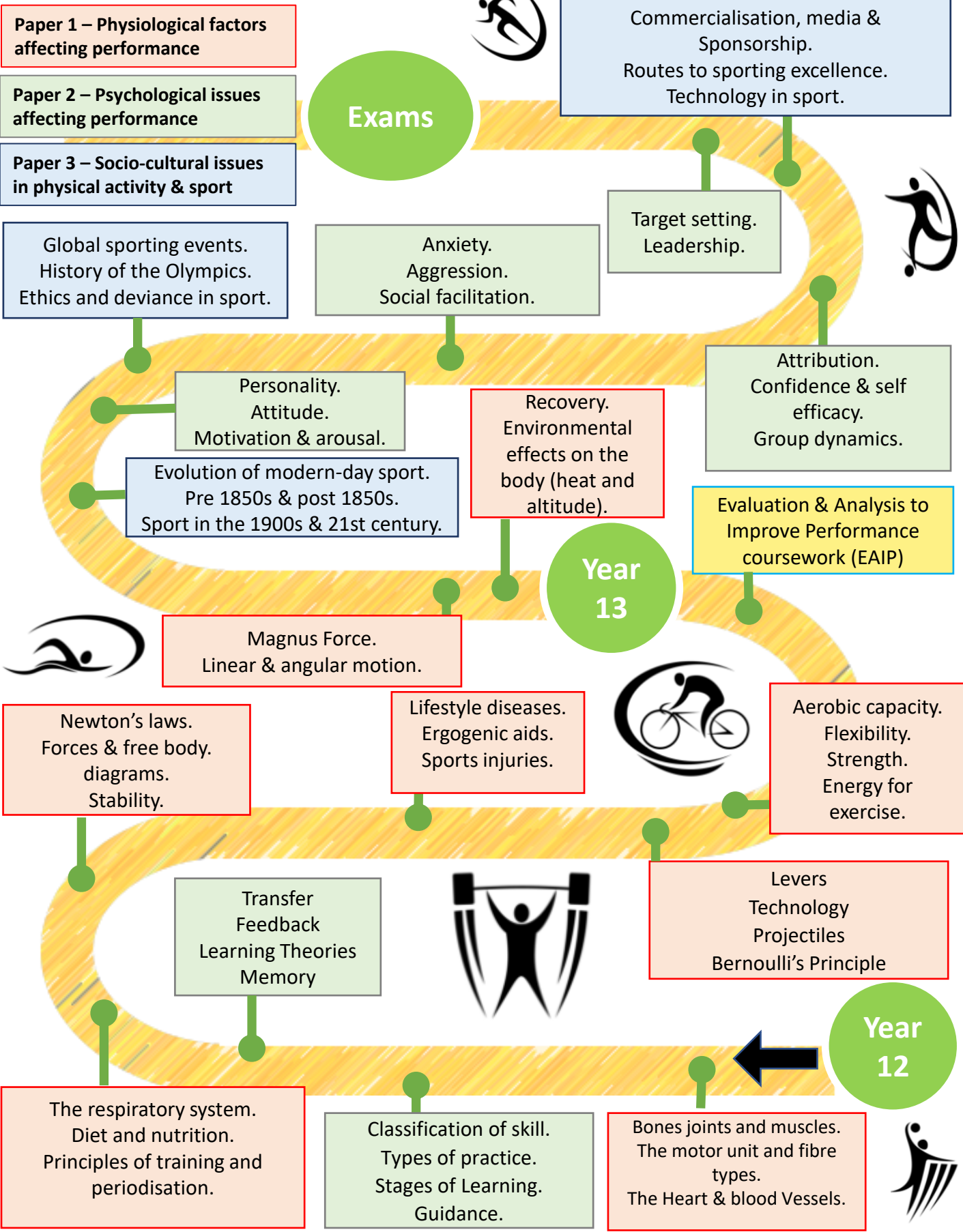


OCR A LEVEL PE LEARNING JOURNEY



Paper 1 – Physiological factors affecting performance

Paper 2 – Psychological issues affecting performance

Paper 3 – Socio-cultural issues in physical activity & sport

Exams

Commercialisation, media & Sponsorship.
Routes to sporting excellence.
Technology in sport.

Global sporting events.
History of the Olympics.
Ethics and deviance in sport.

Anxiety.
Aggression.
Social facilitation.

Target setting.
Leadership.

Attribution.
Confidence & self efficacy.
Group dynamics.

Personality.
Attitude.
Motivation & arousal.

Recovery.
Environmental effects on the body (heat and altitude).

Evolution of modern-day sport.
Pre 1850s & post 1850s.
Sport in the 1900s & 21st century.

Evaluation & Analysis to Improve Performance coursework (EAIP)

Year 13

Magnus Force.
Linear & angular motion.

Newton's laws.
Forces & free body diagrams.
Stability.

Lifestyle diseases.
Ergogenic aids.
Sports injuries.

Aerobic capacity.
Flexibility.
Strength.
Energy for exercise.

Transfer
Feedback
Learning Theories
Memory

Levers
Technology
Projectiles
Bernoulli's Principle

Year 12

The respiratory system.
Diet and nutrition.
Principles of training and periodisation.

Classification of skill.
Types of practice.
Stages of Learning.
Guidance.

Bones joints and muscles.
The motor unit and fibre types.
The Heart & blood Vessels.