

## Advance Information for Summer 2022

### A Level

### Physical Education

### H555

We have produced this advance information to help support all teachers and students with revision for the Summer 2022 exams.

#### Information

- This advance information covers all examined components.
- This advance information does **not** cover non-examined assessment (NEA) components.
- The format/structure of the papers remains unchanged.
- There are no restrictions on who can use this advance information.
- You are not permitted to take this advance information into the exam.
- This document has **4** pages.

#### Advice

- For each paper the list shows the major focus of the content of the exam. However, students are advised that content not listed may appear on the question papers.
- The areas of content listed are suggested as key areas of focus for revision and final preparation.
- The aim should still be to cover all specification content in teaching and learning.
- Students' responses to individual questions may draw upon other areas of specification content where relevant, and credit will be given for this where appropriate.
- Students and teachers can discuss this advance information.

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## **H555/01 Physiological factors affecting performance**

### **1.1 Applied anatomy and physiology**

- 1.1.a Skeletal and muscular systems
  - Joints, movements and muscles
    - Lower body
  - Analysis of movement
- 1.1.b Cardiovascular and respiratory systems
  - Cardiovascular system during exercise of differing intensities and during recovery
  - Respiratory system during exercise of differing intensities and during recovery
- 1.1.c Energy for exercise
  - ATP resynthesis during exercise of differing intensities and durations
- 1.1.d Environmental effects on body systems
  - Exercise at altitude

### **1.2 Exercise physiology**

- 1.2.a Diet and nutrition and their effect on physical activity and performance
  - Ergogenic aids
- 1.2.b Preparation and training methods in relation to improving and maintaining physical activity and performance
  - Strength training
  - Flexibility training
- 1.2.c Injury prevention and the rehabilitation of injury
  - Rehabilitation of injury

### **1.3 Biomechanics**

- 1.3.a Biomechanical principles, levers and the use of technology
  - Biomechanical principles
- 1.3.b Linear motion, angular motion, fluid mechanics and projectile motion
  - Linear motion
  - Angular motion

## **H555/02 Psychological factors affecting performance**

### **2.1 Skill acquisition**

- Principles and theories of learning movement skills
- Guidance
- Feedback
- Memory models

### **2.2 Sports psychology**

- Individual differences
  - Personality
  - Motivation
  - Arousal
- Group and team dynamics in sport
- Attribution
  - Weiner's model of attribution
- Confidence and self-efficacy in sports performance
- Leadership in sport

## H555/03 Socio-cultural issues in physical activity and sport

### 3.1 Sport and society

- Emergence and evolution of modern sport
- Global sporting events

### 3.2 Contemporary issues in physical activity and sport

- Ethics and deviance in sport
  - Drugs and doping in sport
- Commercialisation and media
- Modern technology in sport – its impact on elite level sport, participation, fair outcomes and entertainment
  - Elite performance
  - General participation

## END OF ADVANCE INFORMATION

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