

Subject: A Level PE

Year 12	Year 13
<p>Applied Anatomy and Physiology: Students learn about the cardiorespiratory system, respiratory system, neuromuscular system and musculoskeletal system. Students make an analysis of movement and energy systems.</p>	<p>Exercise Physiology: Students study injury prevention and the rehabilitation of injury.</p>
<p>Exercise Physiology: Students explore diet and nutrition and their effect on physical activity and performance, preparation and training methods in relation to maintaining physical activity and performance.</p>	<p>Sport Psychology: Students explore aspects of personality, attitudes, arousal, anxiety, aggression and motivation, alongside achievement motivation theory, social facilitation, group dynamics, the importance of goal setting, attribution theory, self-efficacy and confidence.</p>
<p>Skill Acquisition: Students learn about skill, skill continuums, the transfer of skill and the impact of skill classification on structure of practice for learning. Students study the principles and theories of learning and performance, use of guidance and feedback, memory models and efficiency of information processing.</p>	<p>Sport and Society: Students learn about the emergence of globalisation of sport in different time periods: the 21st century, pre-industrial era (pre-1780), industrial era and post-industrial era (1780-1900), post-World War II (1950 to present). Students apply sociological theory to equal opportunities.</p>
<p>Biomechanical movement: Students learn about biomechanical principles, levers, linear motion, projectile motion, fluid mechanics, leadership and stress management.</p>	<p>Sport and Society and the Role of Technology in Physical Activity and Sport: Students learn about the concepts of physical activity and sport, development of elite performers in sport, ethics in sport, violence in sport, drugs in sport, sport and the law, the impact of commercialisation on physical activity and sport, and the relationship between sport and the media as well as the role of technology in physical activity and sport.</p>
<p>Introduction to the Performance Analysis Assessment (Analysis and Evaluation): Students are required to analyse and evaluate, using appropriate theoretical content included in the specification, a performance as either player/performer or coach, in one activity from the specification.</p>	