

Subject GCSE PE Theory

Checklist

Health, training and exercise
 Exercise Physiology
 Psychology of sport and physical activity
 Movement analysis
 Socio-cultural issues in sport and physical activity



** selected pupils to study GCSE PE upon completion of SPORT

Course Content		R	A	G
Health, training and exercise.	Health, Fitness and wellbeing	Definition of health, fitness and wellbeing		
		Relationship between health, fitness and wellbeing		
	Contribution which physical activity makes to health and fitness	Importance of exercise		
		Benefits of an active, healthy lifestyle		
		Lifestyle choices and adherence links to motivation		
		Health benefits from exercising: Physical, Mental and social		
		Relationship between physical, social and mental health		
	Consequences of a sedentary lifestyle	The risks of not exercising		
	Diet and nutrition	Energy balance equation		
		Functions of nutrients		
		Importance of nutrition for overall health and its roles in physical activity		
	Components of fitness	11 components of fitness and definitions		
		Links of components of fitness to specific sports/activities		
	Measuring health and fitness	Importance of measuring fitness and health		
Strengths and weaknesses or measuring health and fitness				

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		The importance of baseline testing, current state, improvement, comparisons and motivation		
		How health and fitness is measured.		
		Linking fitness tests to each component of fitness		
		Other measurement tools including: Health questionnaire and screening methods (monitoring blood pressure, heart rate, calorie input and expenditure)		
		Importance of protocols		
		Reliability and validity when measuring health and fitness		
	Methods of training	Different methods of training		
		Development of the correct training techniques		
		Suitability of various methods of training depending upon the individual and activity		
		Development and improvement of health and performance through appropriate methods of training		
	Training Zones	Different training zones		
		Linking the training zones and link to heart rate , exercise, fitness, energy systems and health.		
		Intensities and durations of exercising depending upon individual needs		
	Principles of training	SPORT		

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		Apply the principles to improving health for sedentary individuals and fitness for sportsperons		
	Warm up/cool down	Why performers warm up (physiological and psychological)		
		How performers warm up		
		Why performers cool down		
		How performers cool down		
Exercise Physiology	Muscular-skeletal system	Structure of skeletal system: Ball & socket, hinge and pivot joints. Major bones (radius, ulna, humerus, femur, tibia, fibula)		
		Functions of the skeletal system: Movement, support, protection and production of blood cells.		
		Types of movement at different joints: Flexion, extension, adduction, abduction, circumduction, rotation		
		Structure of muscular system: Types of muscles		
		Names of major muscles		
		Links of major muscles to types of movement at different joints.		
		Muscle fibre types: Characteristics and their function within a variety of sports and aerobic and anaerobic exercise		
		Functions of ligaments and tendons		
	Cardio-respiratory and vascular system	Structure of the cardio-respiratory and vasular system		
		Function of the cardio-respiratory and vascular system		

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		Structure of the cardio system to include labelling of the heart.		
		Functions to include transportation of nutrients, oxygen and waste products, thermoregulation, vasodilation, vasoconstriction		
		Cardiac values at rest and during exercise.		
		Structure of the respiratory system		
		Functions of the respiratory system		
		Movement: Lung volumes, vital capacity, minute ventilation, breathing frequency, tidal volume, values at rest & exercise.		
	Aerobic and Anaerobic exercise	Overview of aerobic and anaerobic exercise (Creatine phosphate, lactic acid, aerobic characteristics, oxygen debt, anaerobic threshold)		
		Characteristics and factors affecting aerobic and anaerobic exercise (intensity, duration, nutrients, waste products, nutrients for fuel and recovery.		
		The role of nutrients in different intensities of exercise to include carbohydrates, proteins, fats and hydration.		
		The dangers of under and over hydrating		
	Short term and long term effects of exercise	Short term effects		
		Long term effects		
		Links of the intensity and duration of activity to different short and long term effects of exercise		
		Effects of exercise on social and mental well-being.		
		Effects of the long term physical benefits		
The benefits to health as well as a sporting performance.				

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Movement analysis	Muscle Contractions	Isotonic contractions - including eccentric		
		Isometric contractions - including concentric		
		Antagonistic muscle action-agonists, antagonists		
	Lever System	Classification of levers - joints and levers at shoulder, elbow knee and hip.		
		Mechanical advantages of different classes of levers		
	Planes of and axes of movement	Sagittal, frontal, fulcrum, load and effort		
		Transverse planes - flexion, extension, adduction and abduction		
		Axes of movements: Sagittal, front and vertical and the movements that occur through these axes		
		Movements at joints during the actions of running, throwing, jumping and kicking		
		Links made between planes and axes of movement with muscular skeletal system		
	Sports technology	Role of technology in analysis of movement, improvement in performance as well as its role in officiating and coaching		
		Positive and negative effects of technological developments		
		Relationship between sporting activities and movement analysis		
		How to use technology to analyse movement and sports performance to improve performance		

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Psychology of sport and physical activity	Goal Setting	How goal setting can impact upon health, well-being and performance (focusing attention, improving effort, concentration and helping develop strategies for success)	
		SMART targets to support goal setting	
		Linking the targets to specific activities	
	Information processing	Information processing model including: input, decision making, output and feedback	
		The function of feedback including: knowledge of results and knowledge of performance	
	Guidance	Types of guidance (visual, verbal, manual, mechanical)	
		The relationship of types of guidance to stages of learning (cognitive, associative and autonomous)	
	Mental preparation	How mental preparation can help with motivation	
		How mental preparation can improve performance through imagery, visualisation and mental rehearsal	
	Motivation	Types of motivation (intrinsic and extrinsic)	
		Motivation links to adherence and sporting success	
	Characteristics of a skilled performance	Characteristics of a skilled performance: technique, consistency, accuracy, efficiency, effectiveness, confidence, control, aesthetics	
	Classification of skills	Classification of skills along a continuum including: basic/complex, open closed, self/externally paced.	
		Make connections between the classification of skill and type of practice	

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	Types of practice	Links between practice, the learner and the type of skill.	
		Types of practice: whole/part, fixed/varied	
		The relationship between different concepts and theories in sport psychology and how they contribute to improving performance	
Socio-cultural issues in sport and physical activity	Participation	Factors that contribute to participation, provision and performance in sport and exercise	
		Personal experiences that impact upon participation	
		Factors that affect participation (family, gender, society, peers, cost, access, role models)	
		The influence of the school physical education programme, extra-curricular and wider curriculum	
		Physical literacy, physical activity, health and well-being and impacts on children's development	
	Strategies to improve participation in sport and physical activity	Reformative policies (anti-racism campaigns)	
	Provision	Provision for a variety of target groups to include: race, gender, disability	
		Strategies for increased involvement for these groups	
	Performance	Commercialisation of sport.	
		Role of the media, advertising and globalisation of sport	
		Ethical issues (gamesmanship, sportsmanship, financial issues, deviance - drug taking)	
		Links between the media and commercialisation	

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