

# Physical Education

## SUMMARY OF MOCK EXAM

### Part 1 - J587/01 Physical factors affecting performance

Total time for the exam is **1 hour**.

60 marks in total.

#### Content assessed

- Principles of training
- Goal Setting
- Planes of movement
- Muscle Contractions (Agonist/Antagonist)
- Long Term Effects of Exercise
- Levers (1st, 2nd, 3rd Class)
- Axes of Rotation (Transverse, Frontal, Longitudinal)
- Skeletal System (Bones, Joints, connective tissues)
- Cardiac/Respiratory System (Stroke Volume, blood pathways, breathing)
- Muscular System
- Vascular System (Blood vessels, Blood, Vascular Shunt)
- Methods of Training
- Components of fitness/testing
- Analyses of fitness levels

### Part 2 – J587/02 Socio-cultural Issues and Sports Psychology

Total time for the exam is **1 hour**.

60 marks in total.

#### Content assessed

- Motor Skills
- Guidance (visual, verbal, manual)
- Feedback (knowledge of performance, knowledge of results, positive, negative)
- Goalsetting
- Deviance in sport (Violence, drugs)
- Participation Levels (Factors influencing / Factors Affecting)
- Selective Attention
- Skill Classification (Open/Closed; Simple/Complex)
- Sportsmanship / Gamesmanship
- Health – benefits of regular physical activity / Sedentary Lifestyles & health problems
- Sponsorship / Golden Triangle / Media influences on sport
- Characteristics of Skill

#### Other information

We advise you to make good use of your time between now and the mock examination and, where necessary, ask for help.

Please ensure that you review your class notes on each of the topic areas listed thoroughly and that you make use of additional resources, e.g. revision book and model answers

We will be using some lesson time to help you prepare, for example, looking at past paper questions and discuss the skills required in answering such questions. You will also have time to practise answering questions in class

If you have any questions that you would like help with please do not hesitate to email mw at:

[e.oconnor@bishopchalloner.bham.sch.uk](mailto:e.oconnor@bishopchalloner.bham.sch.uk)