

Subject: GCSE Sport Studies

Exam Board: Edexcel

Mock paper 1: 50 Minutes

Mock paper 2: 50 Minutes

Paper 1 Content:

Section A: Component 1: Fitness and Body Systems – 50 Marks

Topic	Detail
Physical training	<ul style="list-style-type: none">• Relationship between health and fitness.• Components of fitness.• Principles of training.• Injury.• Warm up and cool down.
Anatomy and physiology	<ul style="list-style-type: none">• The functions of the skeletal system• Bone classification• Joint classifications• Movements at joints• Muscle types• Role of voluntary muscles• Antagonistic muscle pairs and muscle fibre types• Functions of the cardiovascular system• The heart and route of blood• Blood vessels• The role of blood• The respiratory system• Gaseous exchange• CV and respiratory systems working together
Movement analysis	<ul style="list-style-type: none">• Levers• Planes and axes of movement

Paper 2 Content:

Section A: Component 2: Health and Performance – 50 Marks

Topic	Detail
Health, fitness and wellbeing	<ul style="list-style-type: none">• Physical, emotional and social health, fitness and wellbeing.• Consequences of a sedentary lifestyle.• Energy use, diet, nutrition and hydration.
Sport Psychology	<ul style="list-style-type: none">• Classification of skills.• Goal and target setting to optimise performance.• Guidance and feedback.• Mental preparation.
Socio-cultural influences	<ul style="list-style-type: none">• Engagement patterns of different social groups.• Commercialisation.• Ethical and socio-cultural issues in physical activity and sport.

Useful revision resources:

Class work books
White revision guides
GCSE Bitesize
GCSE Pod

Revision Tips

- Start by RAG rating the topics.
- Try to complete a page of notes for each topic.
- Create flashcard for specific knowledge.
- Familiarise yourself with key terms.
- Practice exam questions in white books.