

Subject: A Level Physical Education	
Exam Board: AQA	
Paper 1: Factors affecting participation in physical activity and sport (Full paper - 2 hours)	Paper 2: Factors affecting optimal performance in physical activity and sport (content covered – 1 hour)
<p>You will be assessed in the following areas :</p> <ul style="list-style-type: none"> - Measurements of energy expenditure - Aerobic energy system - Effects of smoking - The cardiovascular system - The musculoskeletal system & Levers - Information processing (all) - Operant conditioning - Types of practice + Feedback - The impact of sport on society - Amateurism & professionalism 	<p>You will be assessed in the following areas :</p> <ul style="list-style-type: none"> · Injury · Training methods · Diet · Newton’s laws of linear motion · Muscle fibre recruitment · Personality · Confidence · Arousal · Ethics · Violence · Commercialisation
<p>Useful revision resources: Please use your class books from the start of year 12 to help with your revision. In these you will find notes and practice assessment on all key content.</p> <p>Past papers and mark schemes accessible on the AQA website. https://www.aqa.org.uk/find-past-papers-and-mark-schemes</p> <p>Please use your Microsoft teams to access materials and Power Points that you have used throughout the course.:</p> <p>Miss Dorkin- xvafxeq Mr Edgar- 235xfep</p>	
<p>Revision Tips</p> <ul style="list-style-type: none"> • Start by looking to identify any gaps in your knowledge. Use your blue sheets as a checklist. • Create mind maps for each topic. • Learn key terms/definitions. • Use past papers to practice exam questions- use the mark schemes in the book to self-mark and analyse your progress. 	