|  |
| --- |
| Sport Studies Revision List Year 11 Mock 1 |
| Exam information:

|  |
| --- |
| Exam Board: Pearson Edexcel GCSE Physical Education **Component 1- Fitness and Body Systems**Length- 90 minutesTopic 1- Applied anatomy and physiologyTopic 2- Movement analysis Topic 3- Physical Training **Component 2- Health and Performance**Length- 45 MinutesTopic 1- Health fitness and well beingTopic 2- Sport psychology |

Paper 1

|  |  |
| --- | --- |
| **Applied anatomy and physiology**  |   Revised? |
| The structure and functions of the musculoskeletal system  |    |
| The structure and functions of the cardiovascular system  |    |
| The structure and functions of the cardio-respiratory system  |    |
| Anaerobic and aerobic exercise  |    |
|  Short- and long-term effects of exercise  |    |
| **Movement Analysis**    |
| Levers systems  |    |
| Planes and axes of movements  |    |
| **Physical Training**     |
| The relationship between health and fitness and the role that exercise plays in both  |    |
| The components of fitness, benefits for sport and how fitness is measured and improved  |    |
| The principles of training and their application to personal exercise/ training programmes  |    |
| How to optimise training and prevent injury  |    |
| Effective use of warm up and cool down  |   |

Paper 2

|  |  |
| --- | --- |
| **Health fitness and well being** |   Revised? |
| Physical, emotional and social health, fitness and wellbeing |    |
| The consequences of a sedentary lifestyle |    |
| Energy use, diet, nutrition and hydration |    |
| Skill Classification |  |
| **Sport psychology** |
| Classification of skill |  |

 |
| Revision Links |
| GCSE Bitesize- <https://www.bbc.co.uk/bitesize/examspecs/zxbg39q>  Use of paper revision guides provided.  Further revision guides <https://www.cgpbooks.co.uk/secondary-books/gcse/physical-education/jer44-gcse-physical-education-edexcel>  <https://www.cgpbooks.co.uk/secondary-books/gcse/physical-education/jeq42-gcse-physical-education-edexcel-exam>   |