

Sport Studies Revision List Year 11 Mock 1

Exam information:

Exam Board: Pearson Edexcel GCSE Physical Education

Component 1- Fitness and Body Systems - 11/11/26

Length- 90 minutes

Topic 1- Applied anatomy and physiology

Topic 2- Movement analysis

Topic 3- Physical Training

Component 2- Health and Performance- 16/11/26- In class

Length- 45 Minutes

Topic 1- Health fitness and well being

Topic 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	
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>