

# Advance information June 2022

## GCSE Physical Education (8582)

### Version 1.0

Because of the ongoing impacts of the Coronavirus (COVID-19) pandemic, we are providing advance information on the focus of June 2022 exams to help students revise.

This is the advance information for GCSE Physical Education (8582).

## Information

- This advance information covers all examined components.
- For each paper the list shows the major focus of the content of the exam.
- Topics not explicitly given in the list may appear in multiple-choice questions, low tariff questions or via synoptic questions. Synoptic questions are those that bring together knowledge, skills and understanding from across the specification.
- It is **not** permitted to take this advance information into the examination.

## Advice

- Students and teachers should consider how to focus their revision of other non-listed parts of the specification, which may be tested in lower mark questions.
- Students and teachers should consider how to focus their revision of other non-listed parts of the specification, for example to review whether other topics may provide knowledge which helps understanding in relation to the areas being tested in 2022.
- Students will be credited for using any relevant knowledge from any non-listed topic areas when answering questions.
- Students will still be expected to apply their knowledge.
- Students will be expected to draw on knowledge, skills and understanding from across the specification when responding to synoptic questions.

## Focus of the June 2022 exam

The major focus of the June 2022 exam will be as follows.

### Paper 1: The human body and movement in physical activity and sport

#### 3.1.1.1 The structure and functions of the musculoskeletal system

- How the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints

#### 3.1.1.2 The structure and functions of the cardio-respiratory system

- Blood vessels

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- Mechanics of breathing – the interaction of the intercostal muscles, ribs and diaphragm in breathing
  - Interpretation of a spirometer trace
- 3.1.1.3 Anaerobic and aerobic exercise
- The use of aerobic and anaerobic exercise in practical examples of differing intensities
- 3.1.1.4 The short- and long-term effects of exercise
- Long-term effects of exercise (months and years of exercising)
- 3.1.2.1 Lever systems, examples of their use in activity and the mechanical advantage they provide in movement
- Analysis of basic movements in sporting examples
- 3.1.3.2 The components of fitness, benefits for sport and how fitness is measured and improved
- Linking sports and physical activity to the required components of fitness
  - Reasons for and limitations of fitness testing
- 3.1.3.5 Effective use of warm up and cool down
- Warming up and cooling down

## Paper 2: Socio-cultural influences and well-being in physical activity and sport

- 3.2.1.1 Classification of skills (basic/complex, open/closed)
- Classifications of skill
- 3.2.1.3 Basic information processing
- Basic information processing model
- 3.2.2.1 Engagement patterns of different social groups in physical activity and sport
- Engagement patterns of different social groups and the factors affecting participation
- 3.2.2.2 Commercialisation of physical activity and sport
- Positive and negative impacts of sponsorship and the media
  - Positive and negative impacts of technology
- 3.2.2.3 Ethical and socio-cultural issues in physical activity and sport
- Prohibited substances
  - Reasons why hooliganism occurs
  - Strategies employed to combat hooliganism/spectator behaviour
- 3.2.3.3 Energy use, diet, nutrition and hydration
- Nutrition – the role of carbohydrates, fat, protein and vitamins/minerals
  - Reasons for maintaining water balance (hydration)

END OF ADVANCE INFORMATION