

Qualification: A Level Physical Education (OCR)

What will be assessed in 2022?

H555/01 Physiological factors affecting performance

1.1 Applied anatomy and physiology

- 1.1.a Skeletal and muscular systems of Joints, movements and muscles
Lower body
Analysis of movement
- 1.1.b Cardiovascular and respiratory systems
Cardiovascular system during exercise of differing intensities and during recovery
Respiratory system during exercise of differing intensities and during recovery
- 1.1.c Energy for exercise
ATP resynthesis during exercise of differing intensities and durations
- 1.1.d Environmental effects on body systems
Exercise at altitude

1.2 Exercise physiology

- 1.2.a Diet and nutrition and their effect on physical activity and performance o Ergogenic aids
- 1.2.b Preparation and training methods in relation to improving and maintaining physical activity and performance
Strength training
Flexibility training
- 1.2.c Injury prevention and the rehabilitation of injury
Rehabilitation of injury

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- 1.2.c Injury prevention and the rehabilitation of injury
Rehabilitation of injury

1.3 Biomechanics

- 1.3.a Biomechanical principles, levers and the use of technology Biomechanical principles
- 1.3.b Linear motion, angular motion, fluid mechanics and projectile motion Linear motion
Angular motion

H555/02 Psychological factors affecting performance

2.1 Skill acquisition

- Principles and theories of learning movement skills
- Guidance
- Feedback
- Memory models

2.2 Sports psychology

- Individual differences o
Personality
Motivation
Arousal
- Group and team dynamics in sport
- Attribution o Weiner's model of attribution
- Confidence and self-efficacy in sports performance
- Leadership in sport

What won't be assessed in 2022?

H555/01 Physiological factors affecting performance

- 1.1 Functional roles of muscles and types of contraction/Cardiovascular and respiratory systems at rest/The recovery process/Exercise in the heat
- 1.2 Diet and nutrition/Aerobic training/Impact of training on lifestyle diseases/Injury prevention and response to injuries
- 1.3 Levers/fluid mechanics/projectile motion

H555/02 Psychological factors affecting performance

- 2.1 Classification of skills/Types and methods of practice/Transfer of skills/Stages of learning
- 2.2 Goal setting in sports performance/Stress management to optimise performance

H555/03 Socio-cultural issues in physical activity and sport

- 3.2 Violence in sport/gambling in sport
- 3.2 Routes to sporting excellence in the UK
- 3.2 Fair outcomes, entertainment

Additional support provided by the exam board for the 2022 year only? None

H555/03 Socio-cultural issues in physical activity and sport

3.1 Sport and society

- Emergence and evolution of modern sport
- Global sporting events

3.2 Contemporary issues in physical activity and sport

Ethics and deviance in sport

Drugs and doping in sport

- Commercialisation and media
 - Modern technology in sport
- It's impact on elite level sport, participation, fair outcomes and entertainment
- Elite performance
- General participation