

SUMMER WORK A LEVEL PHYSICAL EDUCATION

Head of Department
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Exam Board
AQA

Specification
7582

SUMMER WORK FOR
INTRODUCTION TO YEAR 12

COURSE DETAILS

Examinations

This qualification is a two year linear course. Students will sit two exams at the End of Year 13 and submit all their non-exam assessment at the end of Year 13. (Total – 300 marks)

Paper 1: Factors affecting participation in physical activity and sport (105 marks)

For this unit students will study:

Section A: Applied

physiology

Section B: Skill

acquisition

Section C: Sport and society and technology in sport

Paper 2: Factors affecting optimal performance in physical activity and sport (105 marks)

Section A: Exercise physiology and

biomechanics

Section B: Sport psychology

Section C: Sport and society and technology in sport

Non-exam assessment: (90 marks)

Practical performance in physical activity and sport (Performer or Coach – Full length game) Plus: written/verbal analysis of performance.

TASK	TOPIC	WORK
1.	Understand the exercise-related function of food classes.	Research and produce a fact sheet on the below: Make a mind map on the 7 classes of food and their role within the body during exercise
2.	Understand the exercise-related function of food classes.	To design and write a leaflet / brochure for either a power athlete or endurance athlete. Consider: Their change in diet when competing versus not competing A balanced diet for their specific needs The importance of energy balance and how exercise and food intake can affect this Useful links: http://www.nutritionist-resource.org.uk/articles/sports-nutrition.html http://www.brianmac.co.uk/nutrit.htm
3.	Positive and negative effects of dietary supplements on the performer	1. Research the following diet supplements: Creatine, Sodium Bicarbonate, Caffeine and Glycogen loading. Make sure you consider AO1, AO2 and AO3 for all supplements. 2. You are a sports nutritionist and you are approached by the following athletes. Explain and justify which diet supplement you would give them and why. Athlete 1: Olympic Judo performer Athlete 2: 100M Sprinter Athlete 3: 10k runner
4.	Stages of Learning and Effects of Feedback	1. Research the three “Stages of Learning” – Autonomous, Associative and Cognitive (in a table write the differences between all of them, and in particular who they would be good for and ensure you name sporting examples) 2. Research the 6 types of feedback – Intrinsic, Extrinsic, Positive, Negative, Knowledge of Performance and Knowledge of Results (write a paragraph on each) 3. You are a sports coach. Explain and justify the types of feedback you would use for the following athletes Athlete One: U13C School Team Football Player Athlete Two: A District Level Swimmer Athlete Three: A Professional Gymnast

USEFUL READING

- Bartlett: Introduction to Sports Biomechanics
- Clegg: Exercise Physiology
- Coakley: Sport in Society
- Honeybourne, Michael Hill & Helen Moors: Advanced PE & Sport
- James, Thompson & Wiggins: A-Z PE Handbook
- Jarvis: Sport Psychology
- Jones, Armour: Sociology of Sport
- Kew: Sports Social Problems & Issues
- Lumpkin, Stoll, Beller: Sports Ethics