

Welcome to A Level Physical Education

- **What you can read:**

Eduqas digital resources:

Exercise physiology, training and performance-

http://resource.download.wjec.co.uk.s3.amazonaws.com/vtc/2017-18/17-18_2-7/_eng/eduqas/chapter-1/exercise-physiology-training-peformance.pdf

Movement analysis, technology and biomechanics-

http://resource.download.wjec.co.uk.s3.amazonaws.com/vtc/2017-18/17-18_2-7/_eng/eduqas/chapter-2/movement-analysis-technology-and-biomechanics.pdf

Sport psychology- http://resource.download.wjec.co.uk.s3.amazonaws.com/vtc/2017-18/17-18_2-7/_eng/eduqas/chapter-3/sport-psychology.pdf

Skill Acquisition- http://resource.download.wjec.co.uk.s3.amazonaws.com/vtc/2017-18/17-18_2-7/_eng/eduqas/chapter-4/skill-acquisition.pdf

Sport and Society- http://resource.download.wjec.co.uk.s3.amazonaws.com/vtc/2017-18/17-18_2-7/_eng/eduqas/chapter-5/sport-and-society.pdf

- **What you can watch:**

Below are some of the skills/topics that you will be learning when you join us at Burnley College. Here are some videos for you to watch from GCSE that will get you started on those topics and/or skills:

- Movement and planes-
https://www.youtube.com/watch?v=QDt2Ho713ho&feature=emb_err_watch_on_yt
- Effects of exercise-
https://www.youtube.com/watch?v=LHn08Ws5o50&feature=emb_err_watch_on_yt
- Fitness testing-
https://www.youtube.com/watch?v=YZ33OTb3vrY&feature=emb_err_watch_on_yt
- Training methods-
https://www.youtube.com/watch?v=2K9_o0CWODw&feature=emb_err_watch_on_yt
- Skill acquisition-
https://www.youtube.com/watch?v=yat9Jp7krS8&feature=emb_err_watch_on_yt
- Sport psychology-
https://www.youtube.com/watch?v=FGqzegqZTZw&feature=emb_err_watch_on_yt

- **What are some of the topics and skills that you will cover:**

Below are some of the topics and skills that we will cover in A level PE:

Topics	Breakdown
Exercise physiology, training and performance	<ul style="list-style-type: none"> - Short term effects of exercise on the cardiovascular/ cardio respiratory system - Long term adaptations of exercise on the cardiovascular system - Preparation and training - Energy systems, diet and recovery
Movement analysis, technology and biomechanics	<ul style="list-style-type: none"> - movement analysis - Biomechanical principles - Performance analysis and technology -
Sport psychology	<ul style="list-style-type: none"> - Personality and attitude - Goal setting and motivation - Stress, arousal and motivation - Aggression and social facilitation - Group dynamics and leadership - Attribution theory and self-efficacy
Skill Acquisition	<ul style="list-style-type: none"> - Skill, ability and learning - Information Processing
Sport and Society	<ul style="list-style-type: none"> - Ethics and Deviance - Mass participation to elite sport - Media, commercialisation and globalisation

- **Tasks that you can do to prepare you:**

<u>Task</u>	<u>Link to the course/specification</u>
<p>Task 1.</p> <p>Watch the videos on page one. Create a revision poster/resource for each of the videos.</p>	<p>General Content</p> <p>This will help you remember the content from your GCSE/BTEC course that you did at school. If you didn't study PE at school this will give you a good overview of the GCSE topics.</p> <p>We will be developing this knowledge further in September where we will apply it to your sport.</p>

<p style="text-align: center;">Task 2.</p> <p>Part 1- Write a couple of paragraphs about you and your sporting history. Talk about your main sport and how you got to your current level.</p> <p>Part 2- Break your sport into physical, technical, tactical and behavioural elements and write a short paragraph on each.</p>	<p style="text-align: center;">Coursework</p> <p>This is task will give you a head start on your A Level PE coursework. You might want to conduct some research around physical, technical, tactical and behavioural aspects of sports.</p> <p>If you have any questions just get in touch using the contact information at the bottom of this resource.</p>
<p style="text-align: center;">Task 3.</p> <p>Design and create a 10 week training programme that will improve a component of fitness within your sport. This could be to improve a weakness that you have identified in task 2.</p>	<p style="text-align: center;">Coursework</p> <p>This will help form a critical part of your coursework. Try to include as much detail as you can. Use the videos on page one to help you.</p> <p>If you have any questions just get in touch using the contact information at the bottom of this resource.</p>

- **Contact information**

If you have questions regarding this or any other A Level course at Burnley College, please contact alevels@burnley.ac.uk or call 01282733373

We look forward to seeing you in September.