



**GCE A LEVEL**  
**PHYSICAL EDUCATION**  
**A550QS**

**Summer 2022 examinations**

Component 1	Exploring concepts in physical education	Thursday, 26 May 2022
Component 2	Evaluating physical education	Friday, 10 June 2022

# **Advance Information**

## **General information for students and teachers**

This advance information provides the focus of the content of the summer 2022 examination papers.

It does not apply to any other examination series.

It is intended to support revision.

It may be used at any time from the date of release.

It must not be taken into the examination.

# Subject information for students and teachers

A guidance document on advance information has been produced by The Joint Council for Qualifications (JCQ) on behalf of all awarding organisations. It can be found [here](#).

This advance information covers Components 1 and 2 only. There is no advance information for Component 3 (NEA). The information is provided in specification order and not in question order. The format/structure of the papers remains unchanged.

It is advised that teaching and learning should still cover the entire subject content in the specification. It is important that students cover the curriculum as fully as possible, so that they are well prepared for progression to the next stage of their education.

The following areas of content are suggested as key areas of focus for revision and final preparation. These areas will be largely, although not exclusively, tested through higher tariff questions (4 marks and above). Other subject content not listed in the advance information will be covered in the remaining questions.

Students can be credited for using any relevant knowledge from other topic areas when answering questions. Also, they will be expected to draw on knowledge, skills and understanding from across the specification when responding to synoptic questions.

## Component 1

### Exercise physiology, training & performance

#### Preparation & training methods

- Environmental training

#### Energy systems and their application to training principles

- Role of adenosine triphosphate (ATP) and how it is restored through the use of creatine phosphate (ATP-PC system), anaerobic glycolysis (lactic acid system) and aerobic glycolysis
- Energy continuum and its application in planning training programmes

#### Diet and nutrition & performance

- The use and misuse of supplements and ergogenic aids to training

### Movement analysis, technology & biomechanics

#### Analysis of movement in physical activities

- Planes and axes of rotation
- Movement patterns and types of movement

#### Linear motion

- Angular motion, velocity, moment of inertia and angular momentum

#### Fluid mechanics

## **Sport psychology**

### **Attitudes**

- Attitudes in sporting situations
- The components of attitudes
- Attitude change

### **Motivation**

- Intrinsic and extrinsic motivation: the use of tangible and intangible rewards
- Achievement motivation and links with personality and situation
- Competitiveness: sport-specific achievement motivation and its links with competitive trait anxiety

### **Self-efficacy and confidence**

## **Skill acquisition**

### **Skill, ability and application to practical activity**

- Skill continuums: pacing, difficulty, organisation, continuity, muscular involvement and environmental influence

### **Learning processes and variables**

- Theories of Learning: Bandura's observational learning – demonstration, attention, retention, motor reproduction, motivation, matching performance (DARMMM)
- Stages of learning (Fitts and Posner): cognitive, associative and autonomous
- Reinforcement: positive, negative and punishment; drive reduction theory
- Methods of guidance: visual, verbal, manual and mechanical

## **Sport & society**

### **Sport, culture and society**

- The role of sport within society
- Sport as a means of social control; as a social institution, as a mechanism of socialisation and as a form of national identity

### **Emergence of modern sport**

- The role of the 19th century English public school and university system (three stages of development) in the codification and rationalisation of modern sport
- The movement from amateurism to professionalism to commercialisation of modern sport
- Amateurism and Olympism. Issues of shamateurism.

## Component 2

### Exercise physiology, training & performance

#### The contribution which physical activity makes to health and fitness

#### Preparation & training methods

- Components of fitness (skill-related)
- Methods of training

#### Energy systems and their application to training principles

- Anaerobic and aerobic glycolysis
- Energy continuum and its application in planning training programmes

### Movement analysis, technology & biomechanics

#### Musculo-skeletal system

- Muscle fibres

#### Performance analysis

- Video analysis

#### Technology

- Technology for the performer

### Sport psychology

#### Social facilitation

#### Self-efficacy and confidence

### Skill acquisition

#### Learning processes and variables

- Reinforcement: positive, negative and punishment; drive reduction theory
- Reaction time, movement time, response time and the psychological refractory period

## **Sport & society**

### **Sport, culture and society**

- The role of sport within society
- Sport as a means of social control; as a social institution, as a mechanism of socialisation and as a form of national identity

### **Emergence of modern sport**

- Use of sport as a political tool

End of advance information