Course:	**A Level PE**		
Specification and code:	AQA 7582		
Exam Board website:	https://www.aqa.org.uk/subjects/physical-education/as-and-a-level		
Course outline:	**Over the two years of the course you will study the following topics:** **1.** Applied anatomy and physiology **2.** Skill acquisition **3.** Sport and society **4.** Exercise physiology **5.** Biomechanical movement **6.** Sport psychology **7.** Sport and society and the role of technology in physical activity and sport		
Background reading:	**Books:** • AQA A-level PE Book 1 (2016) Carl Atherton, Symond Burrows, Sue Young, Ross Howitt • AQA A-level PE Book 2 (2016) Carl Atherton, Symond Burrows, Sue Young, Ross Howitt • National newspapers. The sports pages report global events and the biggest issues **Websites** • www.brianmac.co.uk		

	3.1 Factors affecting participation in physical activity and sport	Neuromuscular system	
Summer Task for A level PE Research the following terms for each section of A level PE Theory		Different Muscle fibre types	Slow twitch (type I). Fast glycolytic (type IIx). Fast oxidative glycolytic (type IIa).
		Nervous system	Parasympathetic and sympathetic
		Recruitment of muscle fibres	Motor units / Spatial summation / Wave summation / All or none law / Tetanic.
	3.1.2 Skill acquisition	Principles and theories of learning and performance	
		Stages of learning and how feedback differs between the different stages of learning.	Cognitive, associative, autonomous.
		Learning plateau.	Causes and solutions.
		Cognitive theories.	Insight learning (Gestalt).
		Behaviourism.	Operant conditioning (Skinner).
		Social learning.	Observational learning (Bandura).
		Constructivism.	Social development theory (Vygotsky).
Complete the following task	3.2.4 Sport and society and the role of technology in physical activity	This summer a variety of sporting events are taking place such as the Women's Euros, Wimbledon, The Open and The British and Irish Lions Tour. We would like you to select 2 events of your choice and identify a type of technology that has been used during that event. We would like you to create a case study for each of these events/uses of technology to address the following points: • Name of the event • Type of technology used • Description of technology • Benefits of the technology on the performer/spectator/coach/sport • Any disadvantages of the technology on the performer/spectator/coach/sport		