

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:	<p>Over the two years of the course you will study the following topics:</p> <ol style="list-style-type: none"> 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:	<p>Books:</p> <ul style="list-style-type: none"> • 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 <p>Websites</p> <ul style="list-style-type: none"> • www.brianmac.co.uk 		
<p>Summer Task for A level PE</p> <p>Research the following terms for each section of A level PE Theory</p>	<p>3.1 Factors affecting participation in physical activity and sport (In Mind Map form)</p>	Energy systems	
		The ATP-PC energy	
		The Anaerobic Glycolytic System	(lactate accumulation, lactate threshold, OBLA, lactate producing capacity and sprint/power performance).
		Aerobic Energy System	(glycolysis, kreb/citric acid cycle, beta oxidation, electron transport chain).
	<p>3.1.2 Skill acquisition</p>	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	<p>3.2.4 Sport and society and the role of technology in physical activity</p>	<p>This summer a variety of sporting events are taking place such as the men's world cup, Wimbledon, The Open and an England Rugby tour. We would like you to select 2 events of your choice (it does not need to be from the list above) 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:</p> <ul style="list-style-type: none"> • 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 	