

Course:	A Level PE Summer Bridging Task 2024		
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: <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 Websites <ul style="list-style-type: none"> • www.brianmac.co.uk 		
Summer Task for A level PE Research the following terms for each section of A level PE Theory	3.1 Factors affecting participation in physical activity and sport	Neuromuscular system	
		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).
	3.1.3 Sport and society	Emergence of globalisation of sport in the 21st century	
		Pre-industrial Britain (before 1780)	
		Characteristics of society and impact on sporting recreation.	Characteristics of society and impact on sporting recreation.
		Characteristics of sporting recreation (limited to mob football and real tennis).	
		Industrial and post-industrial (1780–1900)	
		Characteristics and impact on sport (limited to development of association football, lawn tennis, rationalisation of track and field events and the role of the Wenlock Olympian Games).	Industrial Revolution.
Urbanisation			
Transport and communication.			
The British Empire			
Provision through factories.			
Churches and local authorities.			
Public schools/universities			
Three-tier class system (emphasis on middle class and working class).			
Development of national governing bodies.			
Consideration of the changing role of women in sport.			
The status of amateur and professional performers.			