

Physical Education	
Examination Board	Code
AQA	8582

Outline of the Course

Topics studied in Year 10	Topics studied in Year 11
<p>Applied Anatomy and Physiology</p> <ul style="list-style-type: none"> • The structure and functions of the musculoskeletal system. • The structure and functions of the cardio-respiratory system. • Anaerobic and aerobic exercise. • The short- and long-term effects of exercise. <p>Movement Analysis</p> <ul style="list-style-type: none"> • Lever systems, examples of their use in activity and the mechanical advantage they provide in movement. • Planes and axes of movement. <p>Physical training</p> <ul style="list-style-type: none"> • The relationship between health and fitness and the role that exercise plays in both. • The components of fitness, benefits for sport and how fitness is measured and improved. • The principles of training and their application to personal exercise/training programmes. • How to optimise training and prevent injury. • Effective use of warm up and cool down. • Use of data • Demonstrate an understanding of how data are collected – both qualitative and quantitative. • Present data (including tables and graphs). 	<p>Sports Psychology</p> <ul style="list-style-type: none"> • Classification of skills (basic/complex, open/closed). • The use of goal setting and SMART targets to improve and/or optimise performance. • Basic information processing. • Guidance and feedback on performance. • Mental preparation for performance. <p>Socio-cultural influences</p> <ul style="list-style-type: none"> • Engagement patterns of different social groups in physical activity and sport. • Commercialisation of physical activity and sport. • Ethical and socio-cultural issues in physical activity and sport. • Health, fitness and well-being • Physical, emotional and social health, fitness and wellbeing. • The consequences of a sedentary lifestyle. • Energy use, diet, nutrition and hydration.

What You Will Learn?	
Applied Anatomy and Physiology Movement Analysis Physical training Use of data	Sports Psychology Socio-cultural influences Health, fitness and well-being

How Will I Be Assessed?

Theory

- Paper 1: The human body and movement in physical activity and sport. 1hr 15 mins, 78 marks, 30% of GCSE
- Paper 2: Socio-cultural influences and well-being in physical activity and sport. 1hr 15 mins, 78 marks, 30% of GCSE

Practical

- Practical performance in three different physical activities in the role player/performer (one in a team activity, one in an individual activity and a third in either a team or an individual activity)
- Analysis and evaluation of performance to bring about improvement in one activity. 40% of GCSE

Mark Breakdown

Theory - Written Examination 60%

Practical - 3 different activities as player/performer
40%

Website Links

<https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/specification>

Key Dates

Examination - June Year 11

Further Information

Mr. S. Hodgson - Curriculum Leader for PE

Mrs N Flanagan – Subject Teacher

Mr. R. Dutton – Subject Teacher

Miss H. Rawlinson – Subject Teacher and Progress Leader

SUBJECT LEADER CONTACT: s.hodgson@stretfordgrammar.com



What can I do after I have completed the course?

On completion of PE GCSE students can progress to A Level Sports Studies which can lead to university courses in Sports Science and Psychology. The qualifications will help progression in careers in sports coaching, teaching, physiotherapy, fitness industry, police, fire service and the armed services.