

Advance Information for Summer 2022

A Level

Physical Education

H555

We have produced this advance information to help support all teachers and students with revision for the Summer 2022 exams.

Information

- This advance information covers all examined components.
- This advance information does **not** cover non-examined assessment (NEA) components.
- The format/structure of the papers remains unchanged.
- There are no restrictions on who can use this advance information.
- You are not permitted to take this advance information into the exam.
- This document has **4** pages.

Advice

- For each paper the list shows the major focus of the content of the exam. However, students are advised that content not listed may appear on the question papers.
- The areas of content listed are suggested as key areas of focus for revision and final preparation.
- The aim should still be to cover all specification content in teaching and learning.
- Students' responses to individual questions may draw upon other areas of specification content where relevant, and credit will be given for this where appropriate.
- Students and teachers can discuss this advance information.

If you have any queries about this notice, please call our Customer Support Centre on **01223 553998** or email general.qualifications@ocr.org.uk.

H555/01 Physiological factors affecting performance

1.1 Applied anatomy and physiology

- 1.1.a Skeletal and muscular systems
 - Joints, movements and muscles
 - Lower body
 - Analysis of movement
- 1.1.b Cardiovascular and respiratory systems
 - Cardiovascular system during exercise of differing intensities and during recovery
 - Respiratory system during exercise of differing intensities and during recovery
- 1.1.c Energy for exercise
 - ATP resynthesis during exercise of differing intensities and durations
- 1.1.d Environmental effects on body systems
 - Exercise at altitude

1.2 Exercise physiology

- 1.2.a Diet and nutrition and their effect on physical activity and performance
 - Ergogenic aids
- 1.2.b Preparation and training methods in relation to improving and maintaining physical activity and performance
 - Strength training
 - Flexibility training
- 1.2.c Injury prevention and the rehabilitation of injury
 - Rehabilitation of injury

1.3 Biomechanics

- 1.3.a Biomechanical principles, levers and the use of technology
 - Biomechanical principles
- 1.3.b Linear motion, angular motion, fluid mechanics and projectile motion
 - Linear motion
 - Angular motion

H555/02 Psychological factors affecting performance

2.1 Skill acquisition

- Principles and theories of learning movement skills
- Guidance
- Feedback
- Memory models

2.2 Sports psychology

- Individual differences
 - Personality
 - Motivation
 - Arousal
- Group and team dynamics in sport
- Attribution
 - Weiner's model of attribution
- Confidence and self-efficacy in sports performance
- Leadership in sport

H555/03 Socio-cultural issues in physical activity and sport

3.1 Sport and society

- Emergence and evolution of modern sport
- Global sporting events

3.2 Contemporary issues in physical activity and sport

- Ethics and deviance in sport
 - Drugs and doping in sport
- Commercialisation and media
- Modern technology in sport – its impact on elite level sport, participation, fair outcomes and entertainment
 - Elite performance
 - General participation

END OF ADVANCE INFORMATION

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