

EXAM 1 – Physical factors affecting performance

EXAM 2 – Socio-cultural issues and sports psychology

@STM_PhysEd

PE@



ST THOMAS MORE



Produce an action plan which aims to improve the quality and effectiveness of the performance

Evaluate the strengths and weaknesses of the performance



ANALYSING AND EVALUATING PERFORMANCE

Physical attributes

Analyse aspects of personal performance in a practical activity

Improve skills

PRACTICAL PERFORMANCE

Acquire and develop

Demonstrate techniques

Range and quality of skills



Health fitness and wellbeing

Sports psychology

Practical individual sport performance 1

Sponsorship

Endorsements

Physical/Social/Emotional benefits of participation

SOCIO-CULTURAL INFLUENCES

Physical adaptations

Warm Up Cool down



Preventing injury in physical activity

SPOR Principles FITT principles

Preventing injury in physical activity

Cardiovascular and Muscular endurance

Applying the principles of training

PHYSICAL TRAINING



Speed Strength Power Flexibility Agility Balance Co-ordination Reaction time

Effects of exercise on the body

Components of fitness

Practical team sport performance 1

The respiratory system

Effects of exercise on the body

APPLIED ANATOMY AND PHYSIOLOGY



The cardiovascular system

The structure and function of the muscular system

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Movement analysis

The structure and function of the skeletal system



APPLIED ANATOMY AND PHYSIOLOGY – 30% EXAM

SOCIO-CULTURAL ISSUES AND SPORTS PSYCHOLOGY. HEALTH FITNESS AND WELLBEING 30% EXAM

PRACTICAL ACTIVITY ASSESSMENT ANALYSING AND EVALUATING PERFORMANCE 40%

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MB1 Mr Broadhead, 13/01/2022