Topic Lists for Revision

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| **Subject:**  |
| **Topic or component:** |
| **Health, fitness and wellbeing (Paper 2)*** Physical Health: how increasing physical ability, through improving components of fitness can improve health/reduce risks and how these benefits are achieved.
* Emotional health: how participating in physical activity and sport can improve emotional/psychological health and how these benefits are achieved
* The consequences of a sedentary lifestyle: overweight, overfat, obese, increased risk of long-term health, e.g., depression, diabetes, osteoporosis

**Energy use, diet, nutrition and hydration*** The nutritional requirements and ratio of nutrients for a balanced diet to maintain a healthy lifestyle and optimise specific performances in physical activity and sport.
* The role and importance of macronutrients (carbohydrates, proteins and fats) for performers/players in physical activity and sport, carbohydrate loading for endurance athletes and timing of protein intake for power athletes.
* The role and importance of micronutrients (vitamins and minerals), water and fibre for performers/players in physical activity and sport
* Optimum weight

**Sport Psychology (Paper 2)*** Classification of a range of sports skills using the open-closed, basic (simple) - complex and low-organisation high organisation continua.
* Principals of SMART targets (specific, measurable, achievable, realistic, time-bound) and the value of each principal in improving and/or optimising performance
* Types of feedback to optimise performance: intrinsic, extrinsic, concurrent and terminal.
* Types of guidance
* Use of data

**Socio-cultural influences (Paper 2)*** Participation rates in physical activity and sports and the impact on participation rates considering the following personal factors: gender, age, socio-economic group, ethnicity, disability.
* The advantages and disadvantages of commercialisation and the media for: the sponsor, the sport, the player/performer, the spectator
* The different types of sporting behaviour: sportsmanship, gamesmanship, and the reasons for, and consequences of, deviant behaviour
* Participation rate trends – use of data
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| **Strategies and Resources for Revision:** |
| * Use your revision resources in your folders
* Revision guide booklets
* Revision flash cards for paper 2
* Power point presentations on teams
* Exam questions on teams / class charts
* Personal learning checklists
* [www.youtube.com](http://www.youtube.com) - ever learner
* PE4Learning

BBC Bitesize PE |