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 |