



Topic Lists for Revision

Subject: GCSE PE

Topic or component:

Physical Training (Paper 1)

- Definitions of fitness, health, exercise and performance and the relationship between them
- Components of fitness
- Fitness tests: the value of fitness testing, the test protocols, selection of the appropriate fitness test for component of fitness
- Collection and interpretation of data from fitness results and analysis and evaluation of these against normative data tables
- Fitness tests for specific components of fitness: Cardiovascular fitness – Cooper 12 min run/swim test, Harvard Step test; agility – Illinois agility run; strength – grip dynamometer; muscular endurance – one min sit up, one min press up; speed – 30m sprint; power – vertical jump; flexibility – sit and reach
- How fitness is improved
- PARQ's; warm ups and cool downs

The Principles of Training and their application to PEP

- Factors to consider when deciding most appropriate training methods and training intensities
- Use of different training methods for specific components of fitness, physical activity and sport (continuous, fartlek, circuit, interval, plyometrics, weight/resistance)
- The advantages and disadvantages of different training methods

The long-term effects of exercise

- Long - term training effects and benefits: for performance of the cardio - respiratory system: e.g. decreased resting heart rate, faster recovery, increased stroke volume and maximum cardiac output, increased size / strength of heart
- Long term effects of exercise on the musculo-skeletal system

How to optimise and prevent injury

- Performance enhancing drugs (PED's) and their positive and negative effects of sporting performance
- Identification and treatment of injury
- Injury Prevention in Physical activity

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
- Lifestyle Choices – e.g alcohol, smoking
- Impact of lifestyle choices
- Dietary manipulation for sport – carb loading
- Optimum weight

Strategies and Resources for Revision:

- Use your revision resources in your folders
- Revision guide
- Revision flash cards
- Power point presentations on teams
- Exam questions on teams
- www.youtube.com
- PE4Learning
- BBC Bitesize PE

