



Topic Lists for Revision

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.
- Principles 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

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.

Strategies and Resources for Revision:

- Use your revision resources in your folders
- Revision guide
- Revision flash cards for paper 2
- Power point presentations on teams
- Exam questions on teams / class charts
- Personal learning checklists
- www.youtube.com
- PE4Learning
- BBC Bitesize PE