

Subject content	As a result, what students should know / understand	What students should be able to do	How students will be assessed	By when (Half term 1 – 6)
Applied Physiology to Optimise Performance	Students will learn and should be able to apply their knowledge to exam questions in the following areas:			
Aerobic energy systems	ATP, Aerobic energy systems, O ₂ consumption, oxygen debt, EPOC		Formative assessment is carried out as part of homework or end of unit test tasks. Guidance may subsequently be given to students about how they can improve their work for exam preparation or future lesson-based tasks	
Anaerobic energy systems	ATP at high intensity, Resynthesising ATP, causes of fatigue, waste products, work intensity			On-going
Muscles	Structure of skeletal muscle, sliding-filament hypothesis, fast and slow twitch fibres and predictor of performance, role of motor units, spatial summation			On-going
Elite performer: food, supplements, performance-enhancing drugs	-water, electrolyte balance, rehydration, food supplements, diet to meet the needs, effects of performance-enhancing drugs and temptations, side effects, use of illegal ergogenic aids			On-going
Specialized training	-plyometric training, PNF stretching, altitude training, glycogen loading/temperature regulation, periodization, lactate sampling and respiratory exchange ratio			On-going
Sports Injuries	-pre-competition regimes to reduce injury chances, effective warm-up/cool-down, pre-match nutrition, speeding recovery after intense exercise, sports injuries			On-going
Mechanical concepts	-Velocity, displacement, acceleration, momentum, impulse, scalars and vectors, Newton's 3 Laws of motion as applied to different sports actions			On-going
Application of forces	-causes of spin and rotation, altering rate of spin, analyse how a shot putter maximizes performance			
Sport Psychology				On-going
Personality	-Trait, Interactionist theories, prediction of behaviour, measuring personality, POMS, iceberg profile, Achievement Motivation, Incentive value			On-going
Arousal	-Theories of arousal, effects on a performer, optimal			

	levels of arousal, peak flow experience, 'in the zone'		On-going
Anxiety	-Different types of anxiety, measuring anxiety, cognitive/somatic anxiety reduction techniques, use of goal setting (different types) to reduce anxiety		On-going
Changing behaviour	-Attitudes, formation, changing, sports success -Aggression theories, control of aggression -Attributions – use of different factors, learned helplessness, changing attributions		
Confidence	-Self confidence/self efficacy – ways of improving -Effects of an audience (social facilitation/inhibition, strategies used to reduce effects, home-field advantage		On-going
Group success	-Stages of group development, helping group formation process, cohesion, strategies to improve, overcoming faulty processes (ringelmann effect, social loafing)		On-going
Leadership	-Qualities of a good leader, different types of leader, effectiveness of different styles, appointment of a leader, adaptable qualities (theories)		On-going
Contemporary Influences			On-going
Elite performers and World Games	-World games, benefits, government involvement, impact of eg, Olympic Games, Progression to elite level, talent identification, role of agencies to promote elites		
Olympic Ideal	-Development of different sports – social links, organized sport, professionalism, fair play, sportsmanship, gamesmanship		
Deviance in Sport	-Impact on society, hooliganism, drugs, methods used to combat, law, sports authorities, value of sport, performer behaviour, ethics		
Commercialisation	-role of media, sponsorship, technology changes		
Practical aspects of PE	Students are guided towards the selection of one sports performances (usually as a performer).	Performances are assessed in a fully competitive environment.	Use of live and videoed performances provide the basis for assessment by the end of the course (External moderation usually carried out in March to April)