

Year 12 PE Mock Section A Revision List

Cardiovascular system

- Control of heart rate
- Cardiovascular drift
- A-VO₂ difference

Respiratory system

- Control of breathing rate

Muscular skeletal system and analysis of movement including planes and axis

- Articulating bones
- Agonist and antagonist for each joint action
- Planes and axis

Neuromuscular system

- Control force of muscle contraction

Energy systems

- Anaerobic energy systems
- Impact of specialist training methods on energy systems

Measuring energy expenditure

Sport and Society and Sport Psychology section of the Yr12 Mock:

<i>Booklet 1 – Modern Sport and Commercialisation</i>
Characteristics, key terms, effects of commercialisation, amateurs v professionals
<i>Booklet 2 – Pre-industrial and post-industrial sport</i>
Pre-industrial society, Pop rec, mob football/real tennis/pedestrianism (characteristics of) Post-industrial society, rat rec, association football/lawn tennis/track and field (characteristics of). Societal changes/influences on sport. Wenlock Olympian Games.
<i>Booklet 3 -Sociological Theory</i>
Society, socialisation, social control, social change, social inequality, social stratification, social action theory
<i>Booklet 4 – Participation in sport</i>
Key terms, barriers and solutions, reasons for raising participation, key organisations involved
<i>Booklet 5 -Development of football, tennis and athletics and the emergence of elite females</i>
Tracing the development of football/tennis/athletics. Particular emphasis on the emergence of females in each sport

<i>Booklet 1 - Group dynamics, Cohesion, Presence of others</i>
Group formation, cohesion, Steiner’s Model, motivation, social loafing, Ringelmann effect, social facilitation/inhibition, evaluation apprehension.

Booklet 2 - Personality, Aggression & Attitudes

Personality theories, aggression theories, strategies to control aggression, attitude formation and how to change attitudes.

