

Yr 12 A Level PE Assessment Manifest – Paper 1

Physiological factors affecting performance

Applied anatomy and physiology	R	A	G
Analyse movement with reference to: <ul style="list-style-type: none">• Joint type• Movement produced• Agonist and antagonist muscles involved• Type of muscle contraction taking place			
Cardiovascular system <ul style="list-style-type: none">• Conduction system of the heart link to cardiac cycle• Regulation of heart rate – neural, hormonal and intrinsic factors			
Respiratory system <ul style="list-style-type: none">• Mechanics of breathing at rest and during exercise• Effect of exercise on gas exchange at the alveoli and at the muscles			

Exercise physiology	R	A	G
Diet and nutrition <ul style="list-style-type: none"> • Energy intake and expenditure • Energy balance in physical activity and performance 			
Ergogenic aids <ul style="list-style-type: none"> • Use of ergogenic aids; potential benefits and risks • Pharmacological aids 			
Training methods <ul style="list-style-type: none"> • Strength training • Types of strength • Methods for evaluating • Training to develop • Physiological adaptations 			
Flexibility <ul style="list-style-type: none"> • Types of flexibility • Factors that affect flexibility • Methods for evaluating • Training to develop • Physiological adaptations 			

Biomechanics	R	A	G
Biomechanical principles <ul style="list-style-type: none"> • Forces – balanced and unbalanced • Newton's laws of motion • Friction • Weight • Free body diagrams • Momentum • Centre of mass 			
Linear motion <ul style="list-style-type: none"> • Plot and interpret graphs of linear motion • Velocity-time graphs 			