

# Physical Education (AQA)

<b>Exam Duration Paper 1</b>	1 hr 15mins	<b>Equipment</b>	Pen, calculator, ruler, pencil
<b>Revision Resources</b>	<a href="http://www.bbc.co.uk/education/subjects/znyb4wx">http://www.bbc.co.uk/education/subjects/znyb4wx</a> AQA GCSE (9-1) PE second edition ISBN 9781510405233		
<b>Exam Revision Checklist</b>			
<b>Paper 1</b>			
<b>Content</b>		<b>Revised?</b>	
<b>Health &amp; Fitness</b>			
<b>Components of fitness</b>			
<b>Fitness testing</b> <ul style="list-style-type: none"> <li>● Reasons for and limitations of fitness testing</li> <li>● Measuring the COF</li> <li>● Demonstration of how data is collected</li> </ul>			
<b>Principles of training</b> <ul style="list-style-type: none"> <li>● The principles of training and overload</li> <li>● Application of the principles of training</li> <li>● Types of training</li> <li>● Identification of the advantages and disadvantages of training types</li> <li>● Calculating intensities</li> <li>● Considerations to prevent injury</li> <li>● Seasonal aspects</li> </ul>			
<b>Structure of the skeleton</b>			
<b>Functions of the skeleton</b>			
<b>Muscles of the body</b>			
<b>Movement analysis:-</b> <ul style="list-style-type: none"> <li>● First, second and third class lever systems within sporting examples</li> <li>● Mechanical advantage in relation to the three lever systems</li> <li>● Analysis of basic movements in sporting examples</li> <li>● Planes and axes of movement.</li> </ul>			
<b>Respiratory system</b>			

<b>The pathway of air</b>	
<b>Gaseous exchange</b>	
<b>Blood vessels</b>	
<b>Bones</b>	
<b>Structure of a synovial joint</b>	
<b>Structure of the heart</b>	
<b>The cardiac cycle and the pathway of the blood</b>	
<b>Cardiac output, stroke volume and heart rate.</b>	
<b>Mechanics of breathing</b>	
<b>Interpretation of a spirometer trace</b>	
<b>Aerobic and Anaerobic exercise</b>	
<b>The short and long term effects of exercise</b>	
<b>Training methods</b>	
<b>Warm up &amp; cool down</b>	
<b>Interpreting data</b>	