

Physical Education (AQA)

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

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