

# **Advance Information Summer 2022**

GCSE (9-1)

# **Physical Education**

**J587** 

We have produced this advance information to help support all teachers and students with revision for the Summer 2022 exams.

### **INFORMATION**

- This notice covers all examined components.
- This notice does **not** cover non-examined assessment (NEA) components.
- There are no restrictions on who can use this notice.
- The structure of the papers remains unchanged.
- Topics not explicitly given in the list may appear in low tariff questions or via synoptic questions.
- You are **not** permitted to take this notice into the exam.
- This document has 2 pages.

#### Advice

- The following areas of content are suggested as key areas of focus for revision and final preparation.
- The aim should still be to cover all specification content in teaching and learning.
- Students' responses to individual questions may draw upon other areas of specification content where relevant, and credit will be given for this where appropriate.
- Students and teachers can discuss this advance information.

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## J587/01 Physical factors affecting performance

## 1.1 Applied anatomy and physiology

- 1.1.c. Movement analysis
  - Lever systems
  - Planes of movement and axes of rotation
- 1.1.d. The cardiovascular and respiratory systems
  - Structure and function of the cardiovascular system
  - Structure and function of the respiratory system
- 1.1.e. Effects of exercise on body systems
  - Short-term effects of exercise
  - Long-term (training) effects of exercise

### 1.2 Physical training

- 1.2.a. Components of fitness
- 1.2.b. Applying the principles of training
  - Types of training
- 1.2.c. Preventing injury in physical activity and training
  - · Minimising the risk of injury

## J587/02 Socio-cultural issues and sports psychology

#### 2.1 Socio-cultural influences

- 2.1.a. Engagement patterns of different groups in physical activities and sports
  - Physical activity and sport in the UK
  - · Participation in physical activity and sport

### 2.2 Sports psychology

- 2.2.3. Goal setting
- 2.2.5. Types of guidance
- 2.2.6. Types of feedback

### 2.3 Health, fitness and well-being

- 2.3.1. Health, fitness and well-being
- 2.3.2. Diet and nutrition

### **END OF ADVANCE INFORMATION**



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