

PHYSICAL EDUCATION



Scan for Specification

Our two-year A-Level Physical Education; you will be covering content such as Anatomy and Physiology, Sport Psychology, Sport and Society, Biomechanics. You will be developing critical thinking skills of how science relates to sporting performance.

BEFORE YOU START

- Key textbooks to purchase: AQA A-Level Physical Education textbook 1 and 2 which relate to the papers (you can buy these from the college.).

Our respiratory system involves inspiration and expiration. These can be measured by a spirometer and traced on a graph.

Research the following key terms:

- Tidal volume
- Expiratory and Inspiratory reserve volume
- Residual volume
- Vital capacity

Draw your spirometer trace and show those terms, adding labels next to each representation on the graph.

Key terms	
Oxygen	low concentration
Carbon dioxide	Red blood cell
	high concentration
Diffusion pathway	
Myoglobin	Haemoglobin
Muscle cell	

The respiratory system is affected by many lifestyle factors such as diet, smoking, asthma, alcohol and exercise.

You need to design a PowerPoint on the effects of poor lifestyle choice – smoking.

This will include:

- The labelled structure of the respiratory system.
- The different number of effects smoking has on the the different structures within the respiratory system
- How might it affect gaseous exchange of oxygen and carbon dioxide at the alveoli and the carrying capacity of oxygen in the blood?

Research and list 10 sport related careers.

Choose three from the list and outline the role and expectations in more detail.

Review those three to show why you would be interested or suitable for that career.

LITERACY TASK

CAREERS TASK

KNOW THIS TASK

DO THIS TASK