

AQA A Level PE Personalised Learning Checklist- Year 13

Topic Name	RAG (● ● ●)	Notes / Reflection
Exercise Physiology and Biomechanics (Paper 2)		
3.2.2.2 Levers		
Three classes of levers and examples		
Mechanical advantage and disadvantage		
3.2.2.1 Biomechanical principles 3.2.2.3 Linear motion		
Definitions, equations, and units of scalars (speed, distance, mass)		
Definitions, equations, and units of vectors (weight, displacement, velocity, acceleration, momentum)		
Newton's Three Laws of linear motion		
Centre of mass and stability		
Forces acting during linear motion (gravity, frictional force, air resistance, internal muscular force, weight)		
Impulse		
3.2.2.4 Angular motion		
Definitions and units for angular motion (angular displacement, angular velocity, angular acceleration)		

Application of Newton's laws to angular motion		
Conservation of angular momentum during flight		
3.2.2.5 Projectile motion		
Factors affecting horizontal displacement of projectiles		
Factors affecting flight paths of different projectiles (shot put, badminton shuttle)		
Vector components of parabolic flight		
3.2.2.6 Fluid Mechanics		
Dynamic fluid force (drag, lift)		
The Bernoulli principle (upward/downward lift force)		
3.2.1.1 Diet and nutrition		
Exercise related function of food classes (carbohydrates, fibre, fat, protein, vitamins, minerals, hydration)		
Dietary supplements (creatine, sodium bicarbonate, glycogen loading)		
3.2.1.2 Preparation and training methods		
Key terminology for testing (quantitative, qualitative, objective, subjective, validity, reliability)		

Physiological effects and benefits of a warm-up and cool down		
Principles of training		
Periodisation		
Training methods (continuous, HIIT, Fartlek, circuit, weight, PNF)		
3.2.1.3 Injury prevention and rehabilitation		
Types of injury (acute, chronic)		
Injury prevention methods (screening, protective equipment, warm up, flexibility, taping/bracing)		
Injury rehabilitation methods (proprioceptive, strength, hyperbaric chambers, cryotherapy, hydrotherapy)		
Recovery (compression garments, massage/foam rollers, ice baths, cryotherapy)		
Sleep and nutrition for recovery		
Skill Acquisition (Paper 1)		
3.1.2.5 Memory models		
Information processing (input, decision making, working memory, output, feedback)		

Whiting's information processing model		
Response time (reaction, movement, response)		
Factors affecting response time (Hick's law, psychological refractory period, single channel hypothesis)		
Anticipation (temporal, spatial)		
Strategies to improve response time		
Schmidt's schema theory		
Sport Psychology (Paper 2)		
3.2.3.1.7 Achievement motivation theory		
Atkinson's Model of achievement motivation		
Characteristics of personality components (Naf/Nach)		
Achievement goal theory		
Strategies to develop approach behaviours		
3.2.3.1.13 Leadership		
Characteristics of effective leaders		
Styles of leadership (autocratic, democratic, laissez-faire)		
Theories of leadership (Fiedler's, Chelladurai's)		
3.2.3.1.11 Attribution theory		
Attribution process		

Weiner's model		
Self-serving bias		
Attribution retraining		
Learned helplessness		
Sport and Society (Paper 2)		
3.2.4.1 Concepts of physical activity and sport		
Characteristics of key concepts (physical recreation, sport, physical education school sport)		
3.2.4.2 Development of elite performers		
Factors required for elite performers		
Organisations in the development of performers (UK sport, National Institute of Sport, NGBs)		
Talent Identification		
UK Sport Programmes		
3.2.4.3 Ethics in Sport		
Ethics (amateurism, Olympic oath, sportsmanship, gamesmanship, win ethic)		
Deviance		
3.2.4.4 Violence in Sport		
Causes and implications of violence		
Strategies to prevent violence		
3.2.4.5 Drugs in Sport		

Social and psychological reasons for drug taking		
Physiological effects of drugs (EPO, anabolic steroids, beta blockers)		
Implications of drug taking		
Strategies to eliminate drug taking		
3.2.4.6 Sport and the Law		
Sports legislation		
3.2.4.7 Commercialisation		
Impact of commercialisation, sponsorship and media(performer, coach, official, audience, sport		
Benefits of participation in physical activity (health, fitness, social		
3.2.4.8 Technology		
Sports analytics		
Impact of technology, sponsorship and media(performer, coach, sport, audience,		