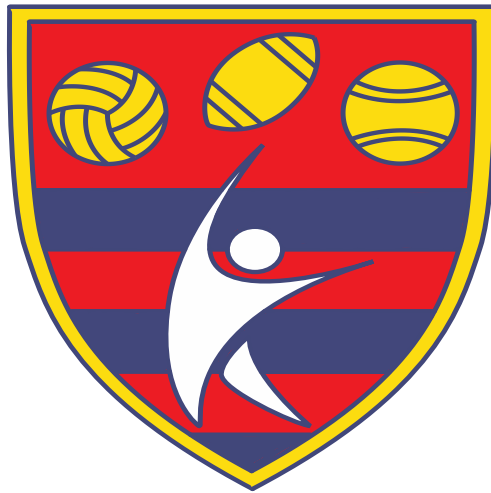


# GCSE Sports Studies Revision Booklet



Student name: \_\_\_\_\_

Form: \_\_\_\_\_

Class Teachers: \_\_\_\_\_

## **Information**

For excellent outcomes we would expect students to typically spend 4 hours spend 4 hours per week outside of the classroom (2 hours per paper) between February and the exam in May.

Your parents/ guardians will need to check your revision and sign off at the end of each week. It is advisable to keep your revision materials together for reuse.

### **Exam dates:**

**Paper 1:** 13<sup>th</sup> May 2020 – PM

**Paper 2:** 15<sup>th</sup> May 2020- PM

## **Revision ideas**

- Attempt extended answer questions
- Create mind maps
- Use AnswerPErfect
- Short answer exam questions
- Flashcards
- Apply a topic to a sport (off the spec!!!)
- Group revision
- Create extended answer questions and mark schemes
- Charades



# Revision Schedule Checklist

## Week 1

Day	Revision tasks (Briefly state what tasks you completed)	Complete?
Hour 1		
Hour 2		
Hour 3		
Hour 4		

Parent/ Guardian signature:

## Week 2

Day	Revision tasks (Briefly state what tasks you completed)	Complete?
Hour 1		
Hour 2		
Hour 3		
Hour 4		

Parent/ Guardian signature:

## Week 3

Day	Revision tasks (Briefly state what tasks you completed)	Complete?
Hour 1		
Hour 2		
Hour 3		
Hour 4		

Parent/ Guardian signature:

## Week 4

Day	Revision tasks (Briefly state what tasks you completed)	Complete?
Hour 1		
Hour 2		
Hour 3		
Hour 4		

Parent/ Guardian signature:

## Week 5

Day	Revision tasks (Briefly state what tasks you completed)	Complete?
Hour 1		
Hour 2		
Hour 3		
Hour 4		

Parent/ Guardian signature:

## Week 6

Day	Revision tasks (Briefly state what tasks you completed)	Complete?
Hour 1		
Hour 2		
Hour 3		
Hour 4		

Parent/ Guardian signature:

## Week 7

Day	Revision tasks (Briefly state what tasks you completed)	Complete?
Hour 1		
Hour 2		
Hour 3		
Hour 4		

Parent/ Guardian signature:

## Week 8

Day	Revision tasks (Briefly state what tasks you completed)	Complete?
Hour 1		
Hour 2		
Hour 3		
Hour 4		

Parent/ Guardian signature:

## Week 9

Day	Revision tasks (Briefly state what tasks you completed)	Complete?
Hour 1		
Hour 2		
Hour 3		
Hour 4		

Parent/ Guardian signature:

## Week 10

Day	Revision tasks (Briefly state what tasks you completed)	Complete?
Hour 1		
Hour 2		
Hour 3		
Hour 4		

Parent/ Guardian signature:

## Week 11

Day	Revision tasks (Briefly state what tasks you completed)	Complete?
Hour 1		
Hour 2		
Hour 3		
Hour 4		

Parent/ Guardian signature:

## Week 12

Day	Revision tasks (Briefly state what tasks you completed)	Complete?
Hour 1		
Hour 2		
Hour 3		
Hour 4		

Parent/ Guardian signature:

## Week 13 (Possible study leave)

Day	Revision tasks (Briefly state what tasks you completed)	Complete?
Hour 1		
Hour 2		
Hour 3		
Hour 4		
Hour 5		
Hour 6		
Hour 7		

## Week 14 (Possible study leave/ Exam week)

Day	Revision tasks (Briefly state what tasks you completed)	Complete?
Hour 1		
Hour 2		
Hour 3		
Hour 4		
Hour 5		
Hour 6		
Hour 7		

## Mentoring/ Study Support Sessions

<b>Mentoring session</b>	<b>Revision tasks (Briefly state what tasks you completed)</b>	<b>Staff signature</b>
1		
2		
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# Paper 1 Specification

## **3.1.1 Applied Anatomy and Physiology**

- Names and location of bones
- Structure of the skeleton
- Functions of the skeleton
- Muscles of the body
- Structure of a synovial joint
- Types of freely moveable joints that allow different movements
- Movements available at the major joints
- How the major muscles work antagonistically on the major joints in the body to produce movement
- The pathway of air
- Gaseous Exchange
- Blood vessels
- Structure of the heart
- The cardiac cycle and pathway of the blood
- Cardiac output, heart rate and stroke volume
- Mechanics of breathing
- Interpretation of a spirometer trace
- Understanding the terms aerobic and anaerobic exercise
- The use of aerobic and anaerobic exercise in examples of different intensities
- EPOC as a result of anaerobic respiration
- The recovery process from vigorous exercise
- Immediate, short and long term effects of exercise

## **3.1.2 Movement Analysis**

- First, Second and Third Class Lever Systems with sporting examples
- Mechanical Advantage in relation to the three lever systems
- Analysis of movements in sporting examples
- Identification of the relevant planes and axes of movement used whilst performing sporting actions.

### **3.1.3 Physical Training**

- Definitions of health and fitness
- The relationship between health and fitness
- Definitions of the components of fitness
- Linking sports and physical activity to the required components of fitness
- Reasons for and limitations of fitness testing
- Measuring the components of fitness
- Demonstration of how data is collected for fitness testing
- The principles of training and principles of overload
- Application of the principles of training
- Types of training
- Advantages and disadvantages of training types linked to specific aims
- Calculating intensities to optimise training effectiveness
- Considerations to prevent injury
- Specific training techniques- high altitude training as a form of aerobic training
- Seasonal aspects
- Warming up and cooling down
- Understanding and use of data

# Paper 2 Specification

## **3.2.1 Sports Psychology**

- Definitions of skill and ability
- Classifications of skill
- Definitions of types of goals
- The use of SMART Targets to improve and/or optimise performance
- Basic information processing model
- Identification and evaluation of the effectiveness of the use of types of guidance with reference to beginners and elite level
- Identification and evaluation of the effectiveness of the use of types of feedback with reference to beginners and elite level
- Definition of arousal
- Inverted-U Theory of arousal
- How optimal arousal levels vary according to the skill being performed in a physical activity or sport
- How arousal can be controlled using stress management techniques before or during a sporting performance
- Understand the difference between direct and indirect aggression with application to specific sporting examples
- Understand the characteristics of introvert and extrovert personality types, including examples of sports which suit these particular personality types
- Definition of extrinsic and intrinsic motivation, as used in sporting examples
- Evaluation of the merits of intrinsic and extrinsic motivation in sport

## **3.2.1 Socio-cultural influences**

- Engagement patterns of different social groups and the factors affecting participation
- Definition of commercialisation and the relationship between sport, sponsorship and the media
- Types of sponsorship and the media
- Positive and negative impacts of sponsorship and the media
- Positive and negative impacts of technology
- Conduct of performers
- Prohibited substances
- Prohibited methods (blood doping)
- Drugs subject to certain restrictions (beta blockers)
- Which type of performers may use different types of performances enhancing drugs (PEDs) with sporting examples

- The advantages and disadvantages for the performer of taking PEDs
- The disadvantages to the sport/event of performers taking PEDs
- Spectator behaviour (the positive and the negative effects of spectators at events)
- Reasons why hooliganism occurs
- Strategies employed to combat hooliganism/ spectator behaviour

### **3.2.3 Health, fitness and well-being**

- Linking participation in physical activity, exercise and sport to health, wellbeing and fitness, and how exercise can suit the varying needs of different people
- The consequences of a sedentary lifestyle
- Obesity and how it may affect performance in physical activity and sport
- Somatotypes
- Energy use
- Nutrition- reasons for having a balanced diet
- Nutrition- the role of carbohydrates, fat, protein and vitamins/minerals
- Reasons for maintaining water balance (hydration)