

AQA A-Level PE 2022 (7582) Paper 1

Date: 26th May Time: PM Marks: 105 Length: 120 min Marks per min: 0.88

REVISION

Watch our live revision sessions on youtube.com/TheEverLearner



Thu 5th May 5:45-7:15pm - App. A&P
 Mon 9th May 5:45-7:15pm - Skill Acq.
 Tue 10th May 5:45-7:15pm - S. in Soc

AEI listed content

Applied A&P

- ✓ Energy transfer - aerobic
- ✓ Energy transfer - anaerobic
- ✓ Impact of specialist training methods on energy systems

Skill Acquisition

- ✓ Types of practice
- ✓ Stages of learning and feedback
- ✓ Learning plateaus

Sport in Society

- ✓ Industrial and post-industrial sport (1780-1900):
 - Dev. of association football
 - Dev. of lawn tennis
 - Rationalisation of track and field athletics
 - Wenlock Olympian Games
- ✓ Relationship between Sport England and national partners to increase participation at grassroots and for under-represented groups

Paper 2 topics listed for Paper 1

- ✓ Pos. and neg. effects of dietary supplements/manipulation
- ✓ Principles of effective goal setting

Skills

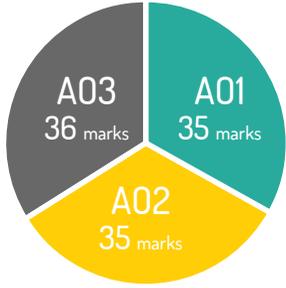


Average marks for all Paper 1s since 2018



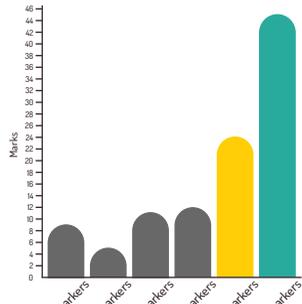
Want to know more about the exam? Have a look at our blog post about this exam on blog.theeverlearner.com/en/the-changing-rooms/advance-exam-information-aqa-a-level-pe

A0 coverage



Average marks for all Paper 1s since 2018

Mark allocation



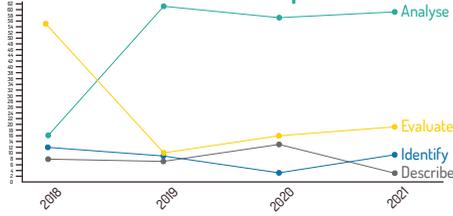
Average marks for all Paper 1s since 2018

Most examined topics

- Skill continua 8
- Underrepresented g.: Gender 6
- Ind. and post-ind. (1780 - 1900) - all 5
- Muscle fibre types 5
- Key terms rel. to equal opp. 4
- Underrepresented g.: Disability 4
- Baddeley & Hitch model 4
- Information processing - Input 4
- Energy transfer - ATP-PC 4
- Movement analysis 4
- Proprioceptors in PNF: Musc. spindles 4

Average marks for all Paper 1s since 2018

Marks awarded per skill



Revision tips

- Use the tutorials, quizzing and testing on The EverLearner
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- ES Do plenty of exam practice on Exam Simulator
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Content preparation

- I am fully aware of the Advance Exam Information listings.
- I have OVER-LEARNED all of the Advance Exam Information content.
- I have learned all other specification content in preparation for lower-tariff questions.

Applied AGP

- ⊗ Energy transfer - aerobic
- ⊗ Energy transfer - anaerobic
- ⊗ Impact of specialist training methods on energy systems
- ⊗ Skill Acquisition
- ⊗ Types of practice
- ⊗ Stages of learning and feedback
- ⊗ Learning plateau

Sport in Society

- ⊗ Individual and socio-cultural sport (1780-8030)
- ⊗ Day of association football
- ⊗ Sex of team games
- ⊗ Rationalisation of track and field athletics
- ⊗ Meritocracy/Olympian Games
- ⊗ Relationship between Sport, England and national governance to increase participation and promote and for under-represented groups

Principles of effective goal setting

Page 2 topics listed for Paper 1

- ⊗ Pro and/or effects of dietary supplements/nutrition

See content list overleaf

Skills preparation

- I am fully aware of the most common command words in the AQA A-Level PE Paper 1 exam.
- I have OVER-PRACTISED 'Analyse', 'Evaluate' and 'Identify'/'State' through past-paper questions AND ExamSimulator.

'Analyse'
skill language

'Evaluate'
skill language

'Identify'/'State'
skill language

- I am fully aware that 15-mark questions accumulate the most marks in the AQA A-Level PE Paper 1 exam.
- I have OVER-PRACTISED 15-mark questions for the AQA A-Level PE Paper 1 exam from both the exam board and ExamSimulator.
- I know the required format of the extended-writing piece(s) for the AQA A-Level PE Paper 1 exam.
- I have practised all past paper AND ExamSimulator examples of extended-writing pieces.



Practical examples (A02)

*These examples are generic and used to represent a range of content across all PE exams.

- I have read and actioned the information below about well made and poorly made practical examples across PE examinations of all kinds.
- ...sponsorship such as Gillette razors for football. ⊗ ⊗
- ...open skills such as taking a (slip) catch in cricket due to the need to adapt the catching skill to suit the specific flight and pace of the ball as it leaves the edge of the bat. ⊗ ⊗
- ...flexion is bending the elbow when weightlifting. ⊗ ⊗
- The slow component of EPOC causes the removal of lactic acid after a netball match. ⊗ ⊗
- ...sponsorship such as the brand Gillette sponsoring elite men's football to increase product awareness and, potentially, boost sales. ⊗ ⊗
- ...open skills such as in cricket. ⊗ ⊗
- ...flexion at the elbow when the elbow bends in the upwards phase of a biceps curl. ⊗ ⊗
- The netballer benefits from the slow component of EPOC during end of quarter breaks as their vascular system removes lactic acid meaning the player can work at higher intensities before reaching OBLA once the next quarter starts up. ⊗ ⊗



AQA A-Level PE 2022 (7582) Paper 2

Date: 10th June Time: AM Marks: 105 Length: 120 min Marks per min: 0.88

REVISION

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Mon 16th May 5:45-7:15pm - Exe. Phys.
Tue 17th May 5:45-7:15pm - Sport Psych.
Wed 18th May 4-5:30pm - Biomechanics
Thu 19th May 4-5:30pm - Sport, soc. & tech

AEI listed content

- Exercise Physiology**
 - ✓ Key terms relating to laboratory conditions and field tests
 - ✓ Different methods of injury prevention, rehabilitation and recovery
- Biomechanical Movement**
 - ✓ Factors affecting the horizontal distance of projectiles
 - ✓ Bernoulli Principle applied to sporting situations:
 - Upward lift force on a discus
 - Downward lift force on a speed skier, cyclist or racing car
- Sports Psychology**
 - ✓ Triadic model of attitudes
 - ✓ Strategies to avoid learned helplessness
 - ✓ Bandura's model of self-efficacy
 - ✓ Theories of leadership
- Sport, Society and Technology**
 - ✓ Key terms relating to ethics in sport
 - ✓ Sports legislation
 - ✓ Positive and negative impact of commercialisation, sponsorship and the media

Skills

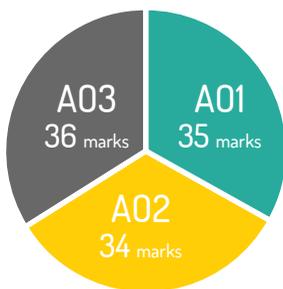


Average marks for all Paper 2s since 2018



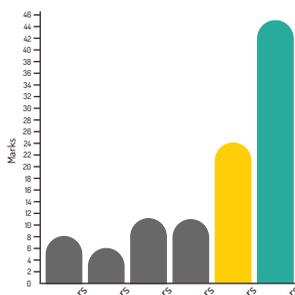
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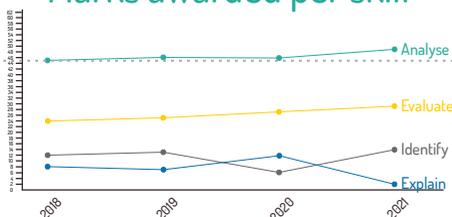
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Most examined topics

- Strategies for preventing violence 5
- Strategies to eliminate drugs in sport 4
- Reasons for drugs in sport (social & psych.) 4
- NIS 4
- Stress management - cognitive techniques 4
- Warm-up for stress management 4
- Bandura's model of self-efficacy 4
- Steiner 4
- Measuring anxiety 4
- Bernoulli principle - downward lift force 4
- Projectile motion 4

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<ul style="list-style-type: none"> ⊗ Key terms relating to laboratory conditions and field tests ⊗ Different methods of injury prevention, rehabilitation and recovery ⊗ Biomechanical Movement ⊗ Factors affecting the horizontal distance of projection ⊗ Bernoulli Principle applied to sporting situations ⊗ Downward lift force on a speed skis, cyclist or racing car 	<ul style="list-style-type: none"> ⊗ Sports Psychology ⊗ Trunk model of athletic performance ⊗ Strategies to avoid learned helplessness ⊗ Barbur's model of self-efficacy ⊗ Theories of leadership ⊗ Sport, Society and ⊗ Key terms relating to ethics in sport ⊗ Sports legislation ⊗ Positive and negative impact of commercialisation, sponsorship and the media
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