

Revision Series 2022  
AQA GCSE Physical Education







Paper 2

◆ Notes pages ◆



The EverLearner

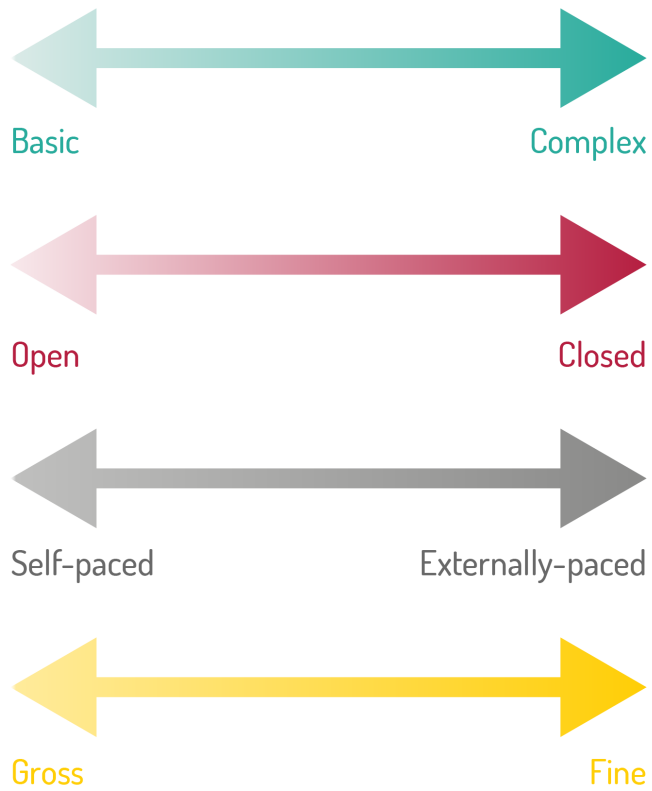
Welcome to the 2022 Revision Series for AQA GCSE Physical Education! We hope you find it useful. Before we start, please make sure you have all of the documents below, as they will be great help for your revision:

-  Notes pages
-  Practice questions
-  Mark schemes
-  Model answers
-  Infographics
-  Revision timetable

You will find all these documents on our [AQA GCSE PE Revision page](https://pages.theeverlearner.com/2022-aqa-gcse-pe-revision) (<https://pages.theeverlearner.com/2022-aqa-gcse-pe-revision>).



# Classification of skill



\*Only Basic/Complex and Open/Closed referenced on AEI

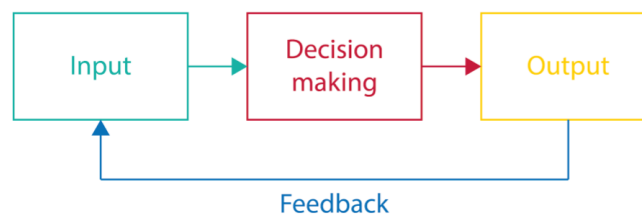
Notes



# Basic information processing



## Information Processing



Notes



# Engagement patterns

## Social groupings

Notes



Engagement patterns - Gender	Attitudes	Male sport is dominant.
		Female sport undervalued
	Role models	Fewer female role models
	Accessibility	Fewer female clubs in many sports
	Media coverage	Female sport coverage judged to be at 5% of male
	Sexism/Stereotyping	Traditional image of the “tomboy”
		Traditional image of the “sissy” for a non-aggressive, less physical male
	Culture/Religious festivals/Religion	N/A
	Family commitments	Females do more domestic chores.
		Females do more childcare.
		“Double shift”
	Available leisure time	Females have less, especially females with children.
	Familiarity	N/A
	Education	Females participate in different sports at school to males.
Socioeconomic factors/Disposable income	Females tend to have less disposable income.	
Adaptability/Inclusiveness	Some female-only clubs or sessions at clubs	
	Increased availability of female-focussed activities	

Notes



Engagement patterns - Race, religion, culture	Attitudes	Different cultural attitudes to the importance of sport
	Role models	Disproportionately fewer non-white role models in some roles
		Very few non-white role models in sporting admin
	Accessibility	N/A
	Media coverage	N/A
	Sexism/stereotyping	Role-specific stereotypes for different races:
		The “fast black athlete”
		The “smart white athlete”
	Culture/religious festivals/religion	Ramadan
	Family commitments	Many Asian communities very focussed on family first
	Available leisure time	N/A
	Familiarity	Recent migrants to the country may have less understanding of British sporting customs and practices.
	Education	N/A
Socioeconomic factors/Disposable income	N/A	
Adaptability/Inclusiveness	N/A	

Notes



Engagement patterns - Age	Attitudes	View that sports are for younger people
		“Too old” to take part
	Role models	Fewer elderly role models
	Accessibility	Elderly may need help with transport
	Media coverage	Coverage focuses on younger people.
		Encourages elderly to be spectators only.
	Sexism/stereotyping	N/A
	Culture/religious festivals/religion	N/A
	Family commitments	Less time due to families
		Less time due to grandchildren
	Available leisure time	Little time due to work
		More time during retirement
	Familiarity	N/A
	Education	N/A
Socioeconomic factors/Disposable income	Financial commitments increase as people get older.	
Adaptability/Inclusiveness	Few versions for the elderly	
	Walking football	

Notes





Engagement patterns - Family, friends, peers	Attitudes	Varies from family to family.
		Varies amongst friendship groups.
	Role models	Parents are critical role models.
		Friends are critical role models.
	Accessibility	N/A
	Media coverage	N/A
	Sexism/stereotyping	Parents and friends may uphold or may challenge dominant stereotypes.
	Culture/religious festivals/religion	N/A
	Family commitments	N/A
	Available leisure time	N/A
	Familiarity	N/A
	Education	N/A
	Socioeconomic factors/Disposable income	N/A
Adaptability/Inclusiveness	N/A	

Notes



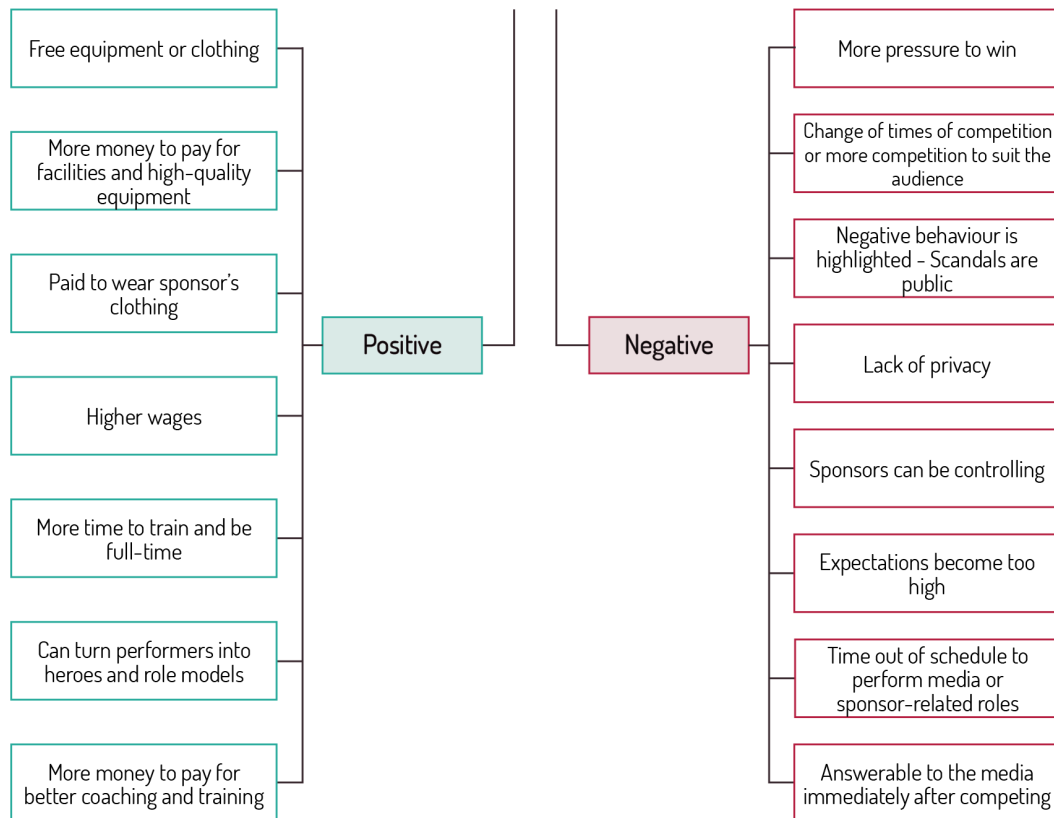
Engagement patterns - Disability	Attitudes	Paralympic sport valued less than Olympic.
		Not seen as important.
	Role models	Fewer Paralympic role models
		But more role models than in the past
	Accessibility	Far fewer clubs, coaches and facilities for disability sport
	Media coverage	Far less media coverage than Olympic sport
	Sexism/stereotyping	Disabled viewed by what they can't do rather than what they can do
	Culture/religious festivals/religion	N/A
	Family commitments	N/A
	Available leisure time	Might be less due to challenges of mobility or other restrictions.
	Familiarity	Adapted sports are rarely shown and discussed.
	Education	Very few adapted sports occurring in schools.
	Socioeconomic factors/Disposable income	Tend to have less disposable income.
	Adaptability/Inclusiveness	Wheelchair rugby
Blind football		
Boccia		

Notes



# Positive and negative impacts of sponsorship and the media

## Impact of media and sponsorship on the performer

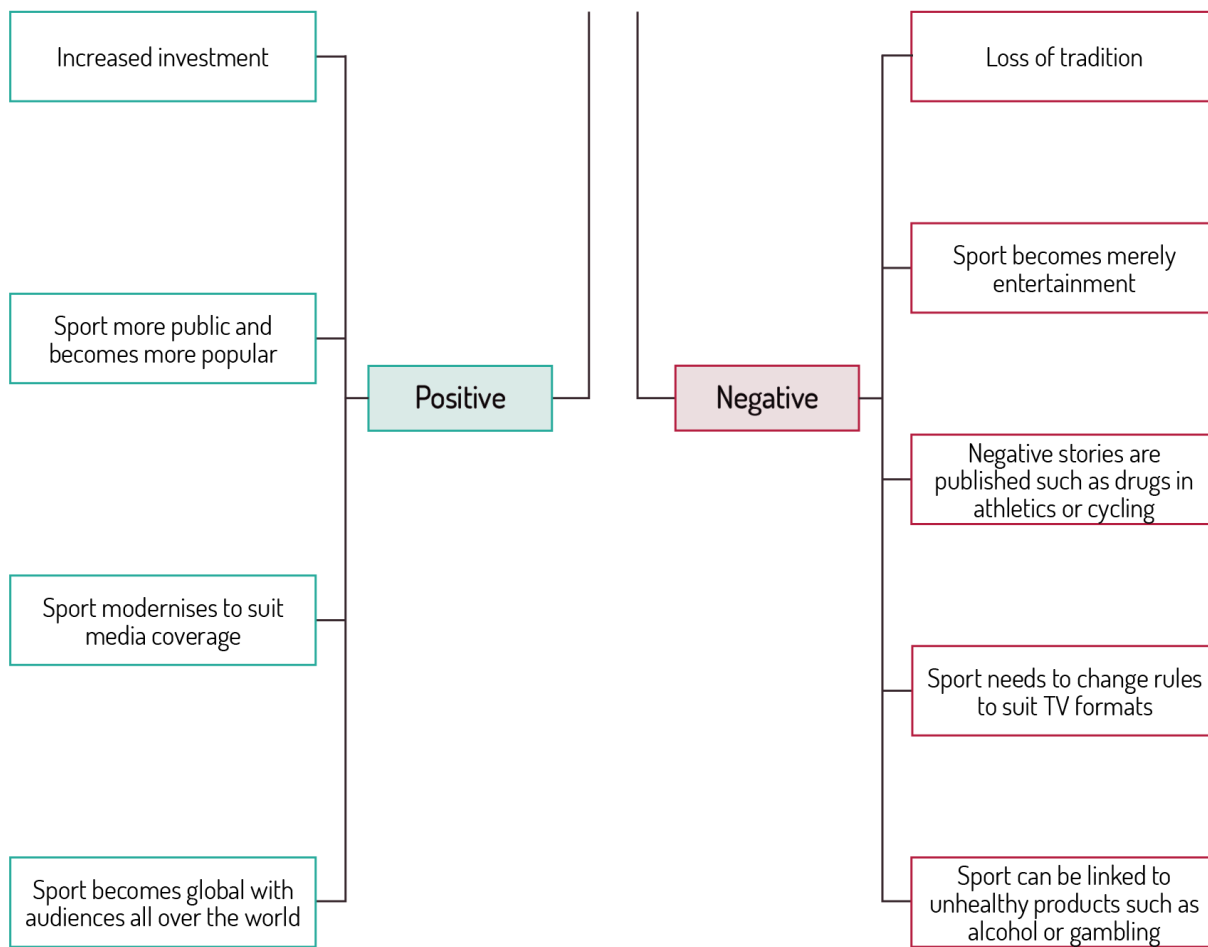


This topic is likely to feature in "Evaluate" questions.

Notes



## Impact of media and sponsorship on the sport

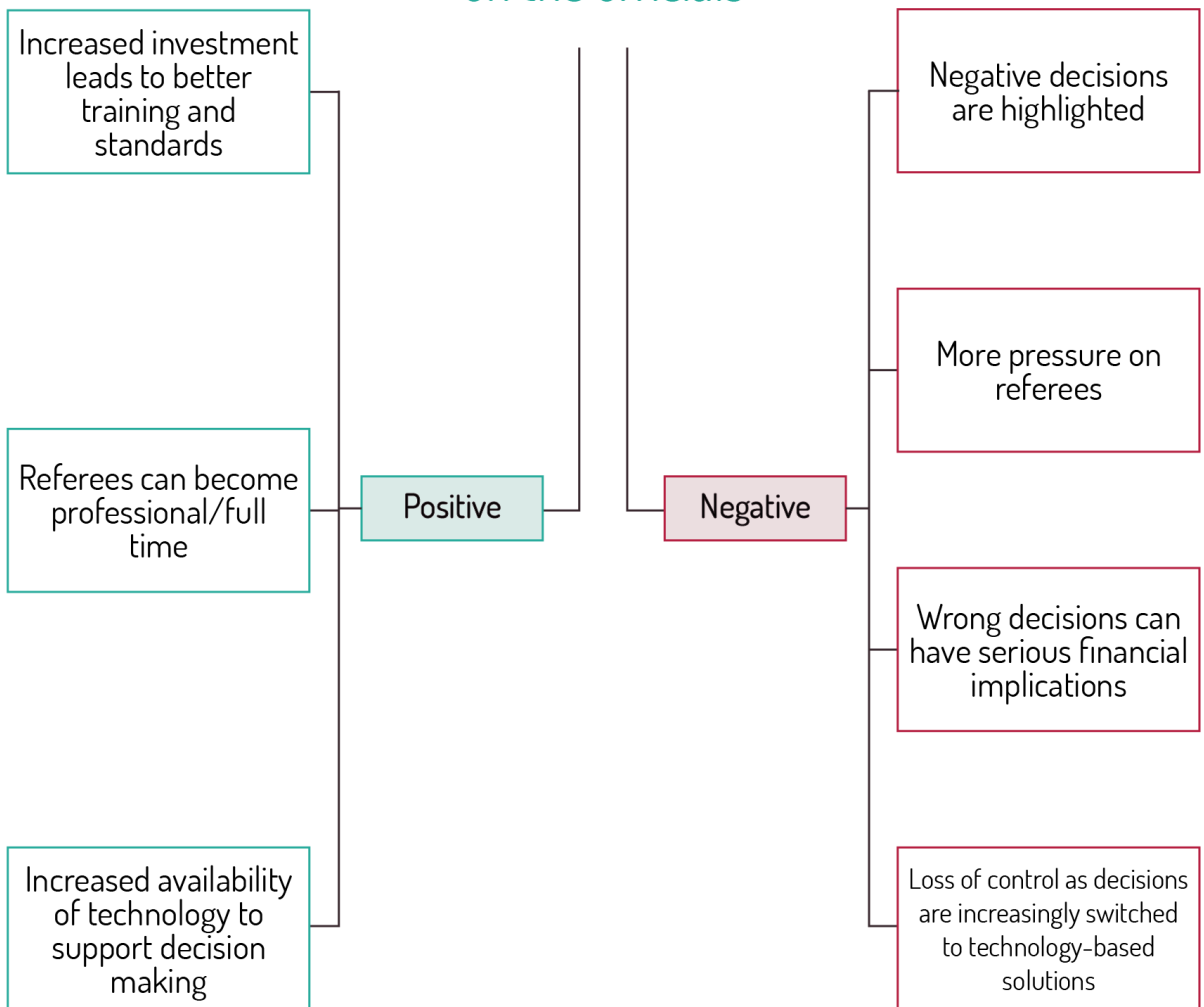


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Notes



## Impact of media and sponsorship on the officials

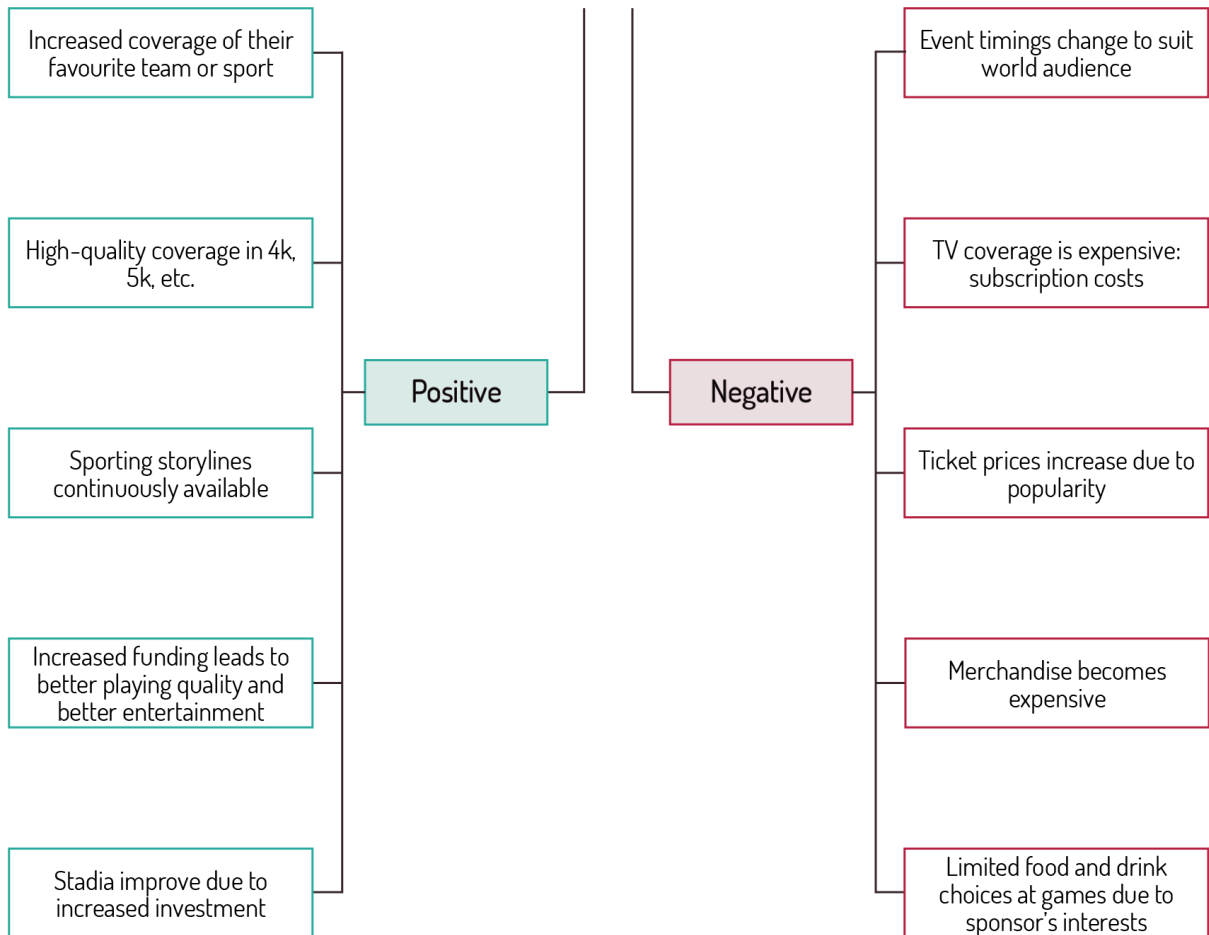


This topic is likely to feature in "Evaluate" questions.

Notes



# Impact of media and sponsorship on spectators

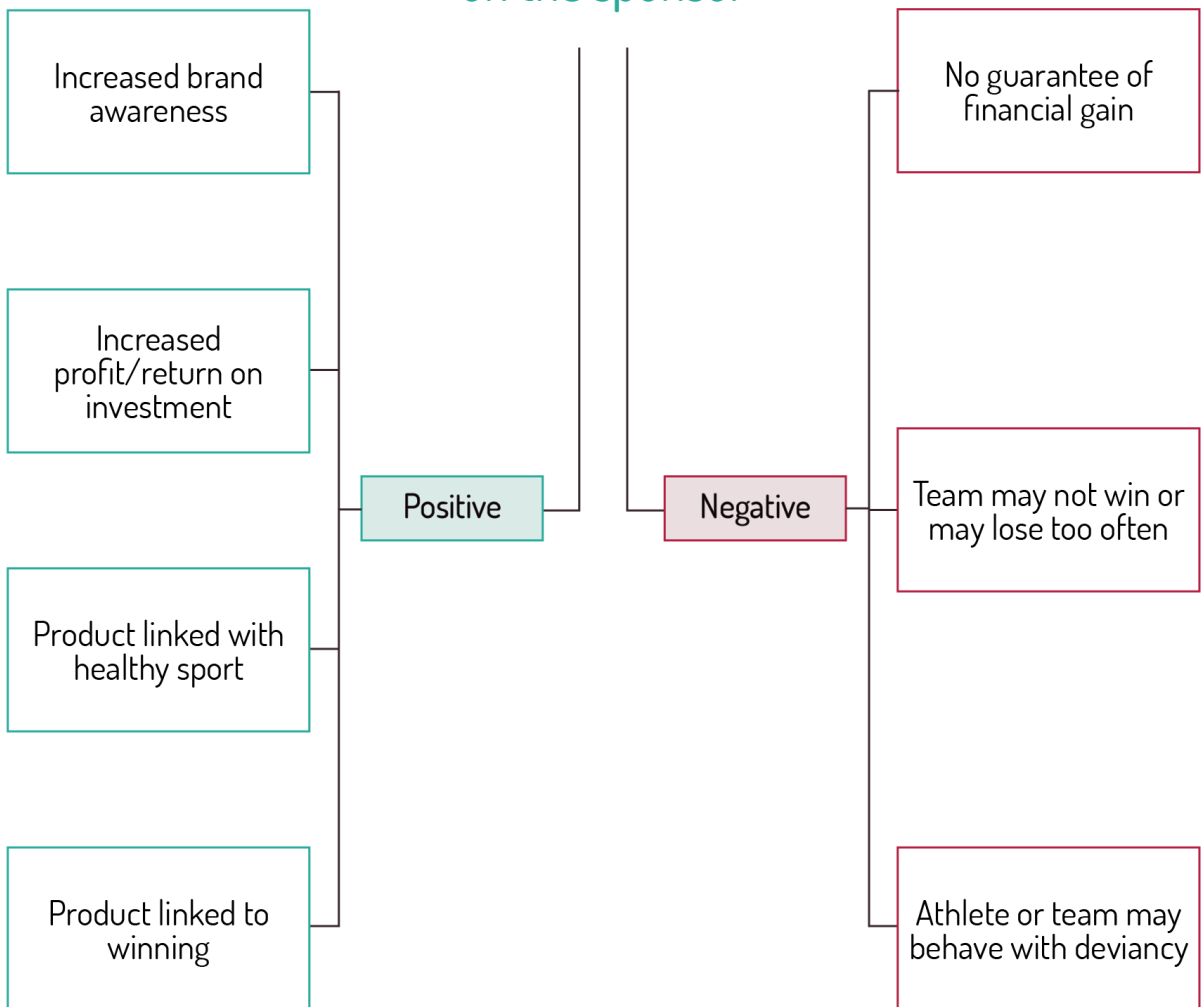


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Notes



## Impact of media and sponsorship on the sponsor

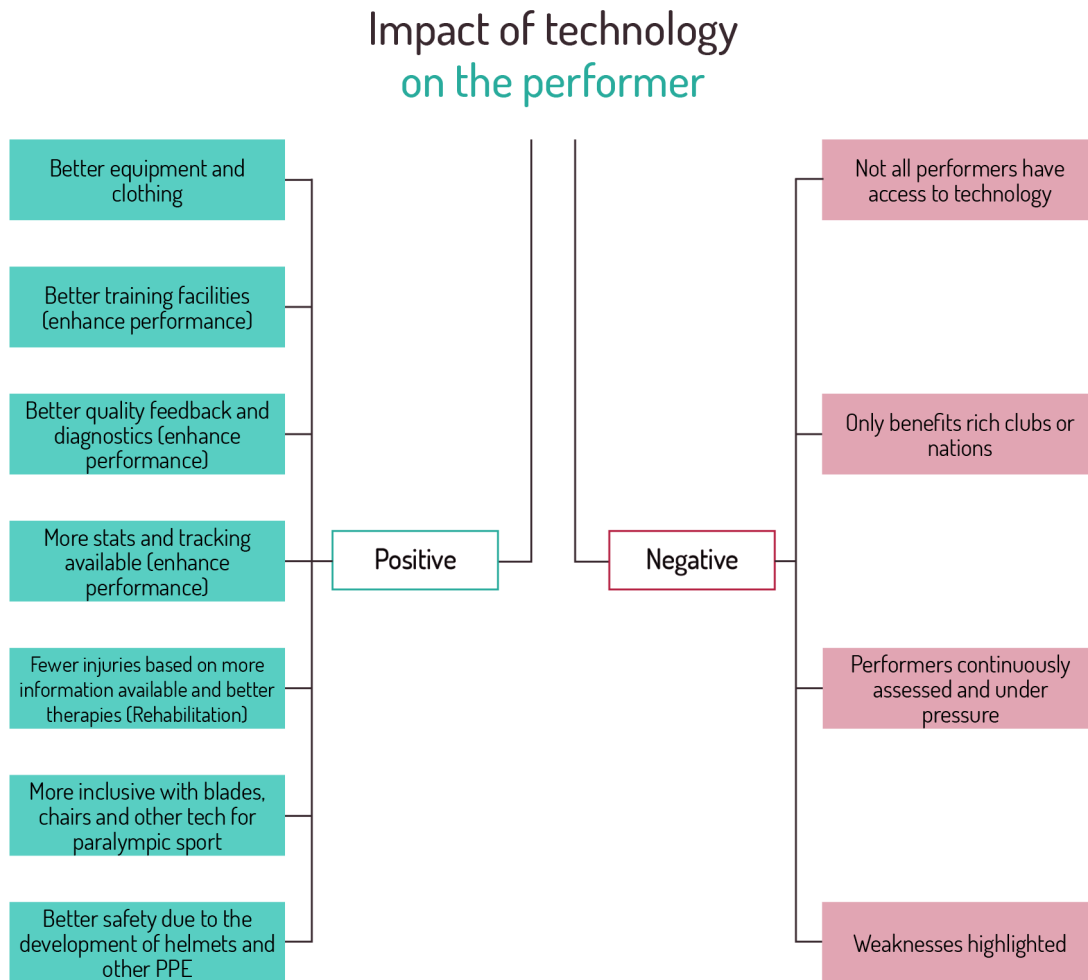


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Notes



# Positive and negative impacts of technology



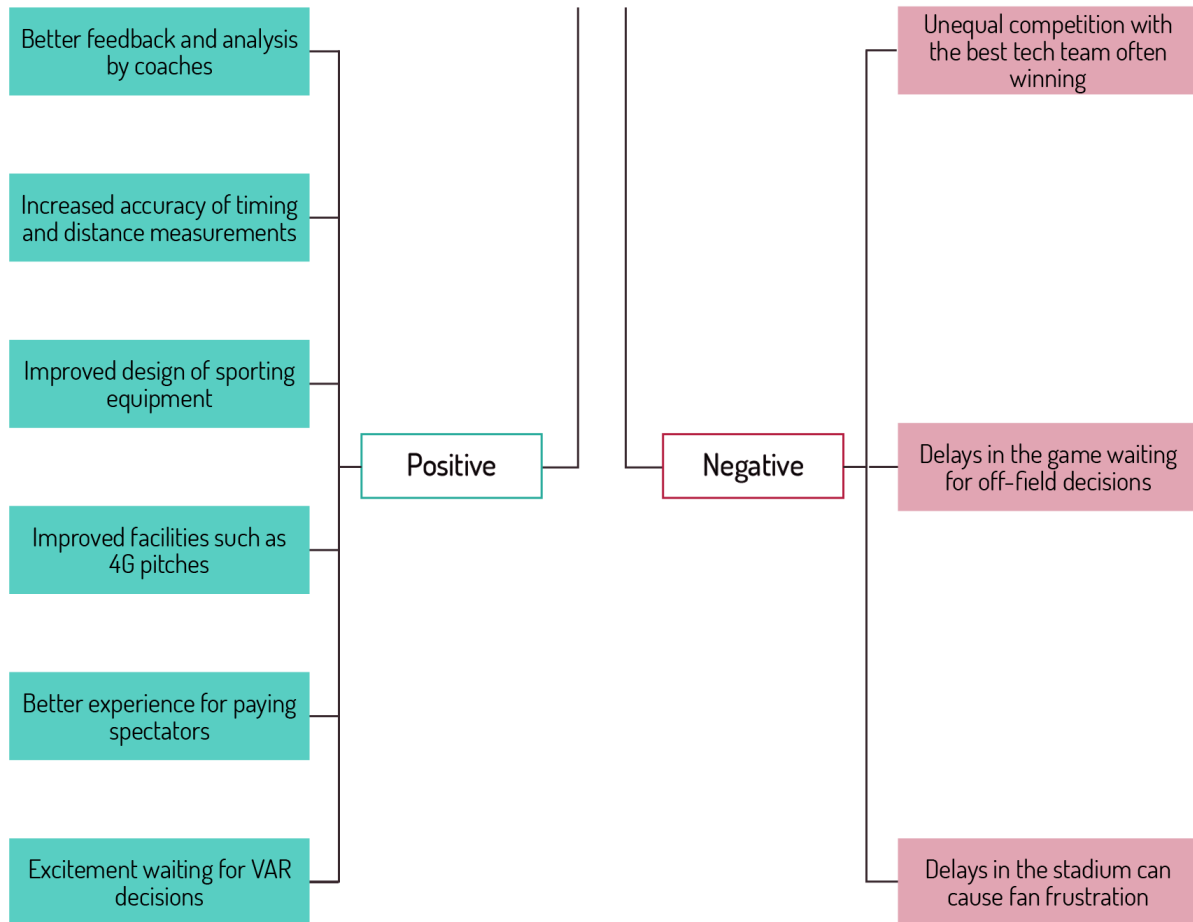
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Notes





# Impact of technology on the sport

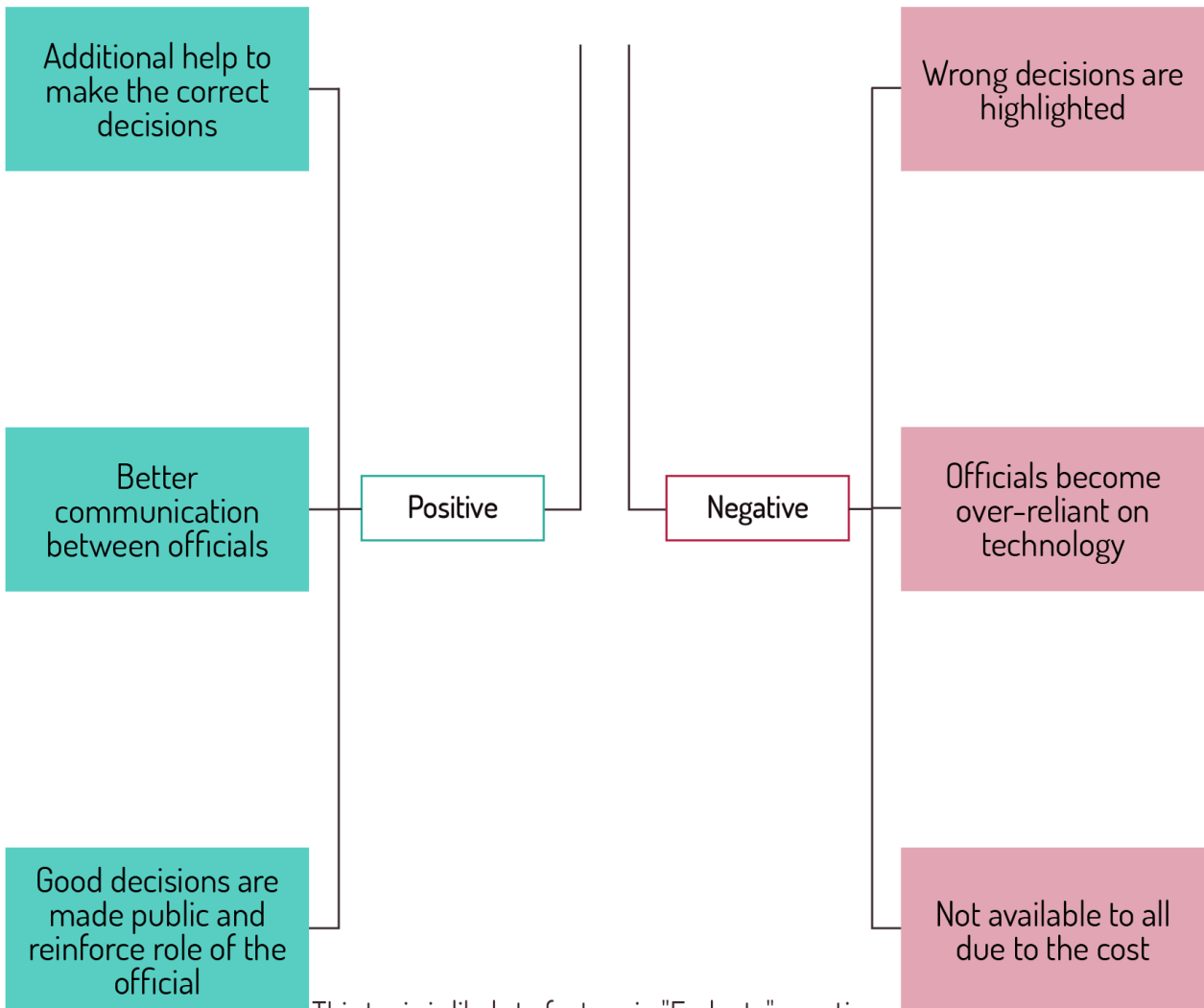


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Notes



## Impact of technology on the officials

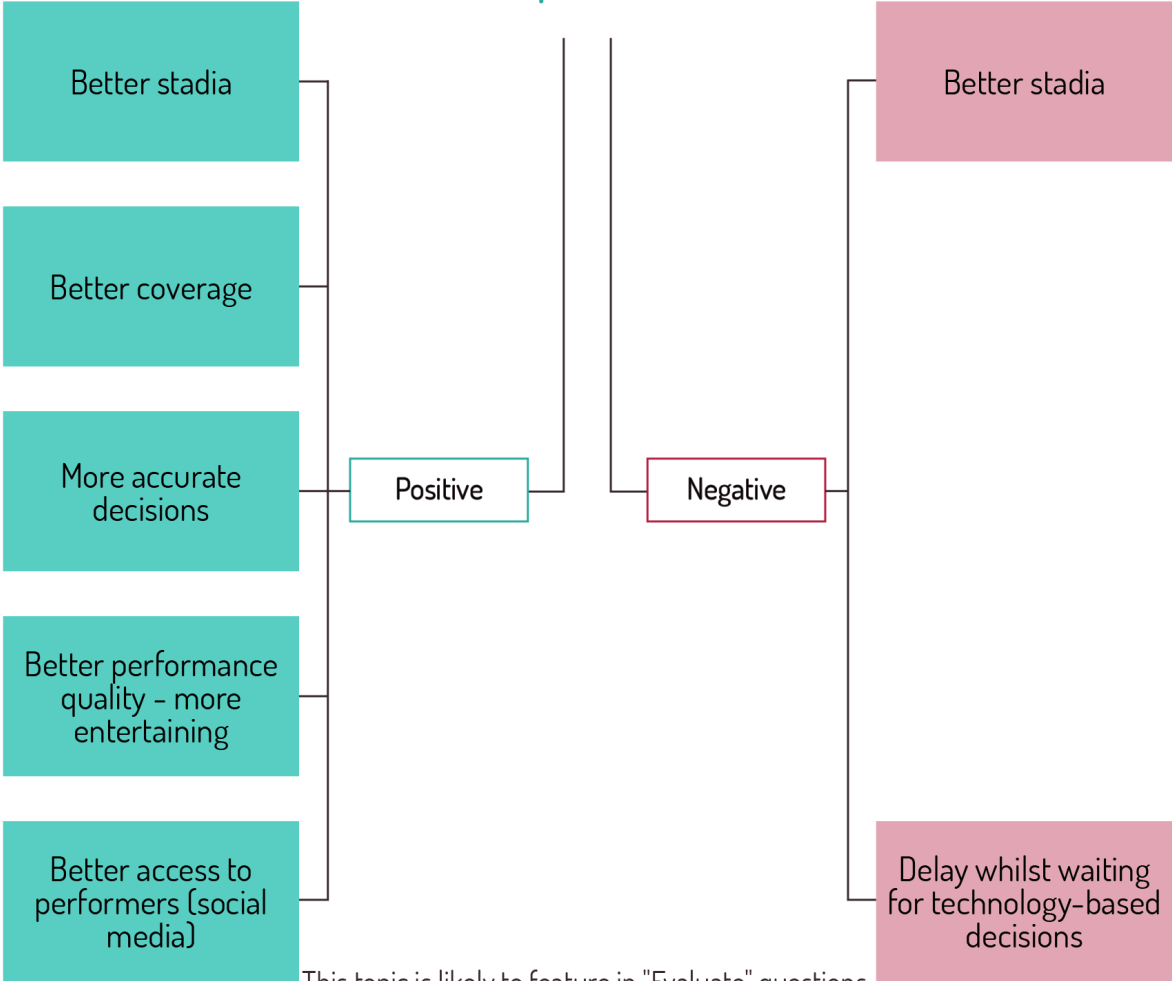


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Notes



# Impact of technology on spectators

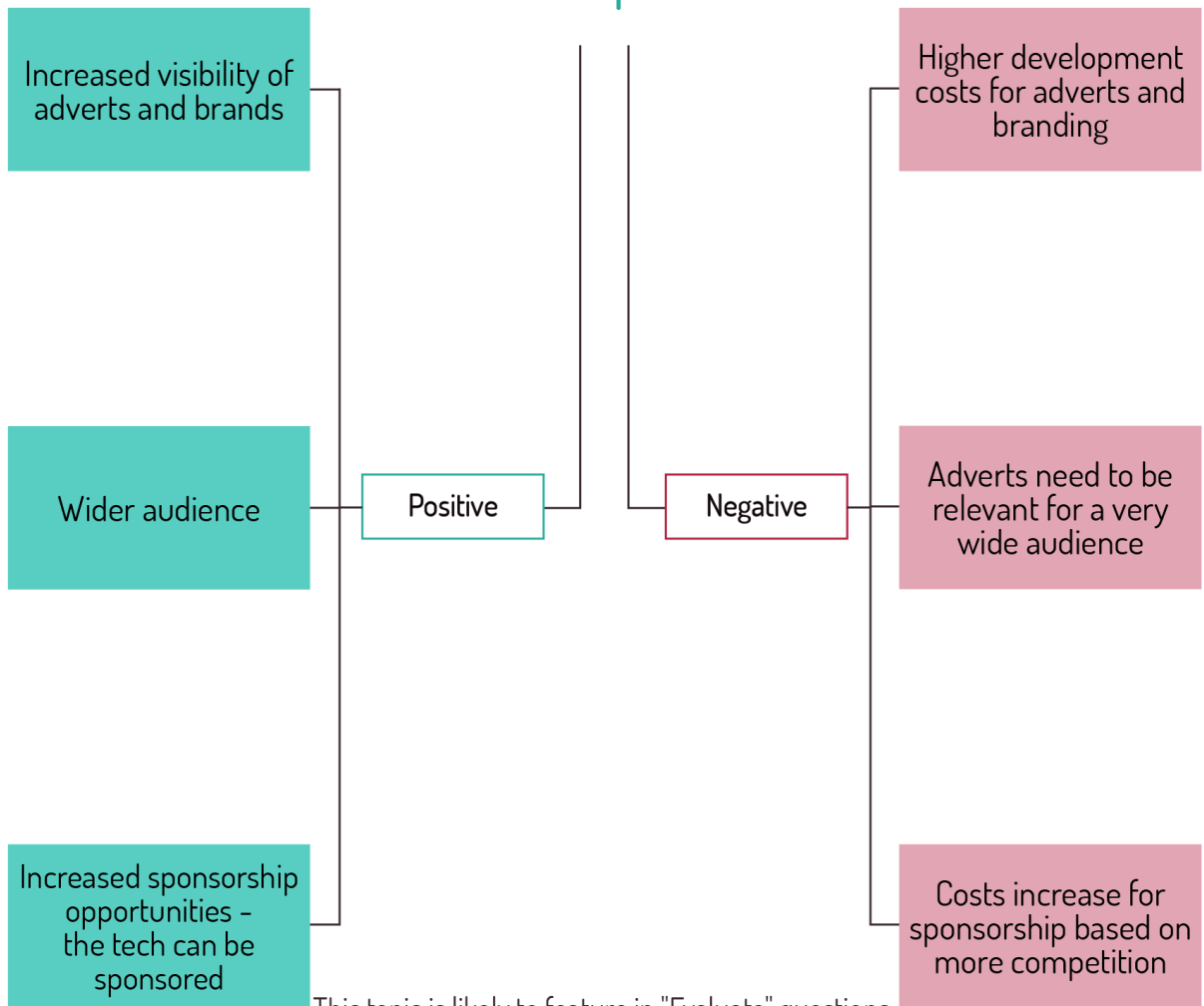


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Notes



## Impact of technology on the sponsor



This topic is likely to feature in "Evaluate" questions.

Notes



# Prohibited substances

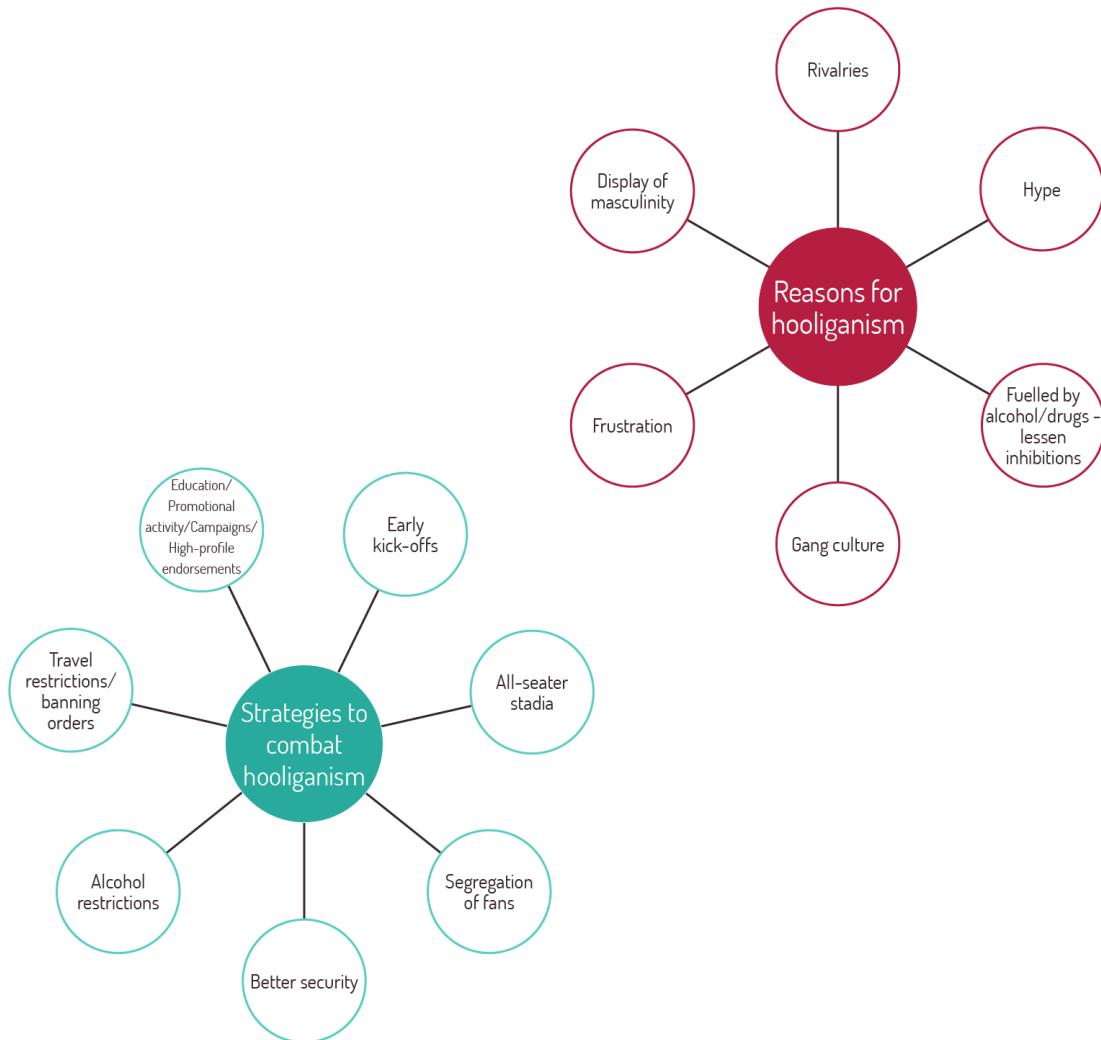
Prohibited substances					
	Stimulants	Narcotic analgesics	Anabolic agents	Peptide hormones (EPO)	Diuretics
Positives	<ul style="list-style-type: none"> <li>• Increase mental alertness</li> <li>• Increase physical alertness</li> </ul>	<ul style="list-style-type: none"> <li>• Reduce the feelings of pain</li> <li>• Train/compete at higher intensity</li> <li>• Train/compete when injured</li> </ul>	<ul style="list-style-type: none"> <li>• Increase muscle mass</li> <li>• Increase rate of muscle growth</li> <li>• Speed up recovery</li> <li>• Competitor is more aggressive and competitive</li> </ul>	<ul style="list-style-type: none"> <li>• Increased RBC production</li> <li>• Increased oxygen carrying capacity</li> <li>• Increased capacity for aerobic respiration</li> <li>• Train and compete at higher intensities aerobically</li> <li>• Fatigue later/at much higher intensity</li> </ul>	<ul style="list-style-type: none"> <li>• Remove excess water from the body</li> <li>• Rapid weight loss</li> <li>• Make weight</li> <li>• Flush out other illegal substances</li> </ul>
Negatives	<ul style="list-style-type: none"> <li>• Can cause a person to be hyper</li> <li>• Shaky hands</li> <li>• Feeling of nervousness</li> <li>• Loss of concentration or concentrating on the wrong things</li> <li>• Poor sleep</li> </ul>	<ul style="list-style-type: none"> <li>• Masks pain of injuries and might make injuries worse</li> <li>• Addictive</li> </ul>	<ul style="list-style-type: none"> <li>• Heart disease</li> <li>• Liver damage</li> <li>• Testicular atrophy</li> <li>• Acne</li> <li>• Mood swings</li> </ul>	<ul style="list-style-type: none"> <li>• Increased blood viscosity</li> <li>• Increased blood pressure</li> </ul>	<ul style="list-style-type: none"> <li>• Dehydration</li> <li>• Kidney damage</li> </ul>

Notes



# Hooliganism

## Hooliganism



Notes



# Nutrition

## Role of carbohydrates, fats, proteins and vitamins/minerals

### Carbohydrates



- Main energy source
- Preferred energy source
- Fuel (glucose) for aerobic and anaerobic respiration

### Fats



- Source of energy
- More energy than carbohydrates
- Energy for low-intensity exercise only
- Insulates the body
- Protects vital organs
- Supports cell growth (mitosis - cell membrane)

### Protein



- Growth of muscle tissue
- Repair of muscle tissue
- Adaptation process
- Small amount of energy
- Provides amino acids for formation of other proteins

### Vitamins and Minerals



- No need to learn specific examples
- Efficient working of the body
- General health

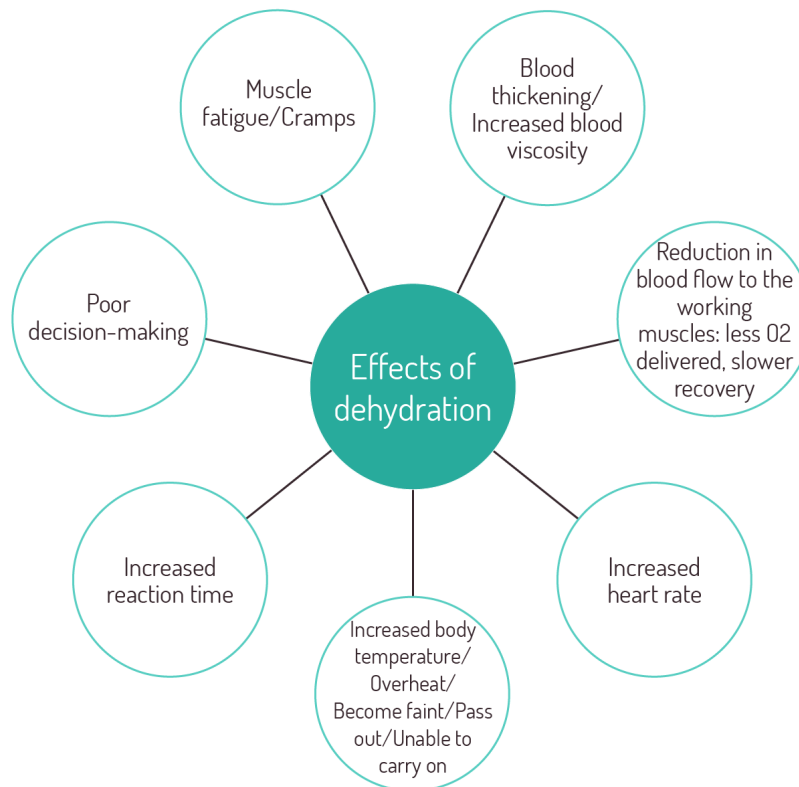
Notes



# Reasons for maintaining water balance

## Dehydration

- Dehydration: Excessive loss of body water interrupting the function of the body
- Water balance prevents dehydration



Notes

