TEL PE Revision

Revision Series 2022

AQA A-Level Physical Education

Anatomy & Physiology

• Notes pages •

The EverLearner

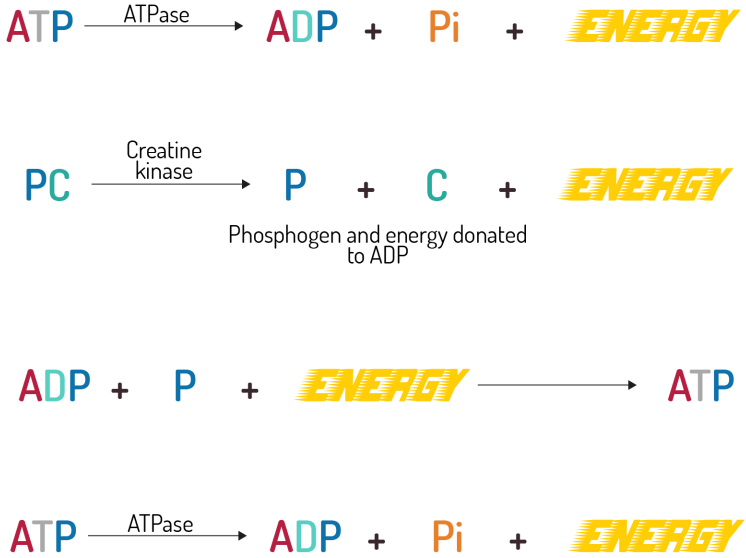
Welcome to the 2022 Revision Series for AQA A-Level Physical Education! We hope you find it useful. Before we start, please make sure you have all of the documents below, as they will be great help for your revision:

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

You will find all these documents on our AQA A-Level PE Revision page (https://pages.theeverlearner.com/2022-aqa-a-level-pe-revision).

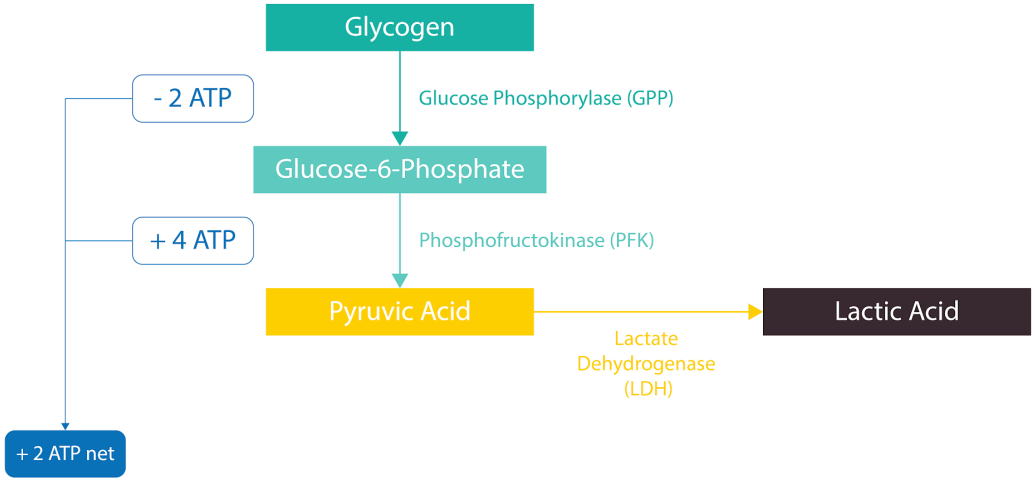
Energy transfer
during short duration / high intensity exercise

ATP – PC System



Notes

Lactic acid system



Notes

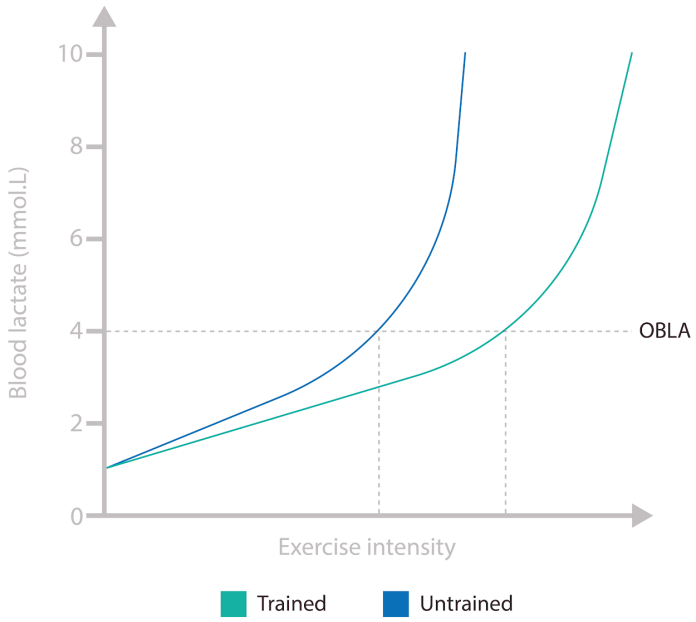
OBLA

O B L A

Onset of Blood Lactate Accumulation

Notes

OBLA for trained and untrained athletes

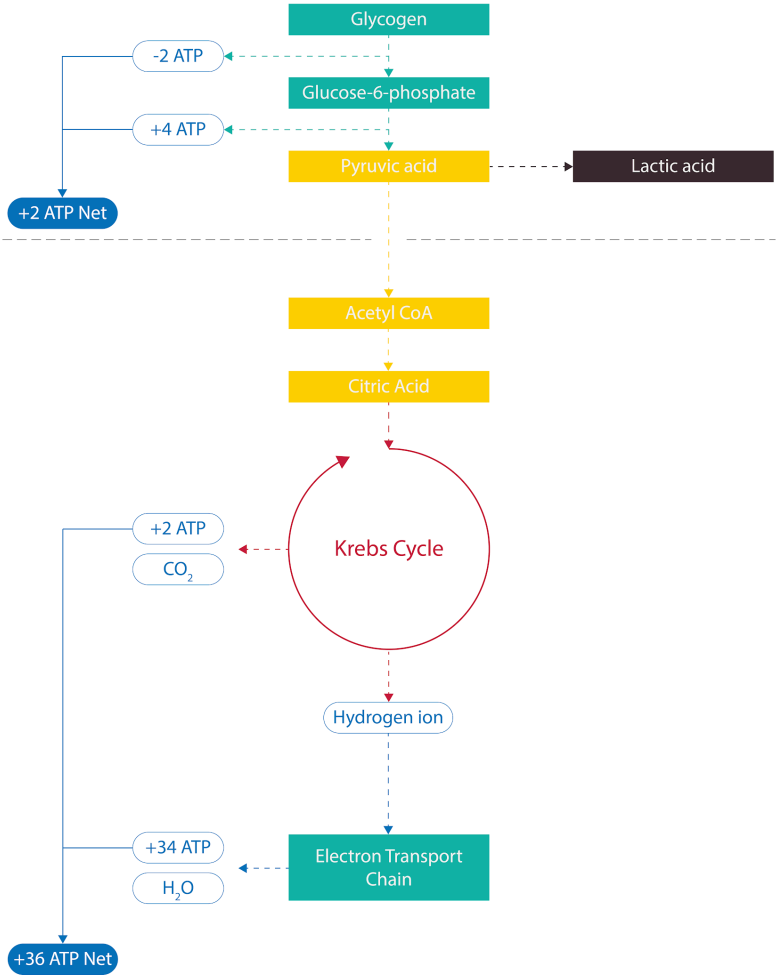


Notes

Energy transfer

during long duration / high intensity exercise

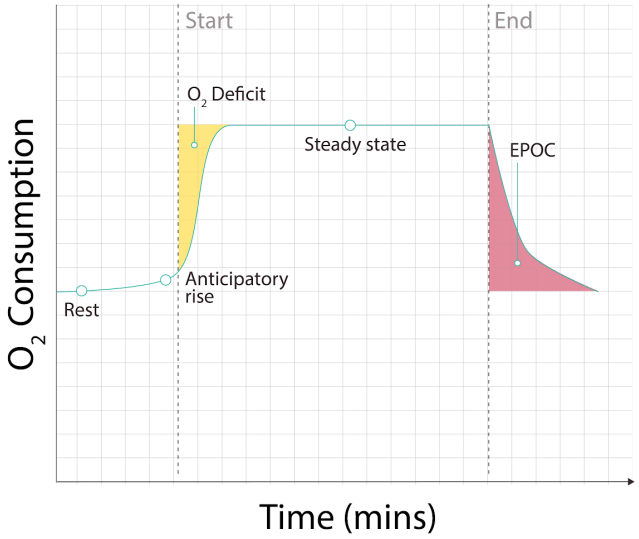
Aerobic System



Notes

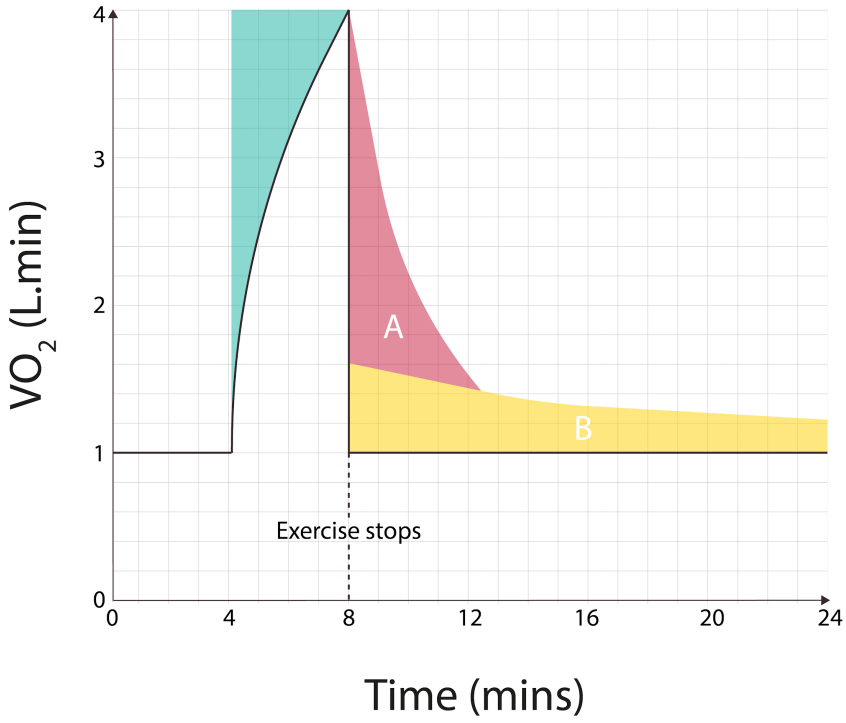
EPOC and Recovery

Submaximal



Notes

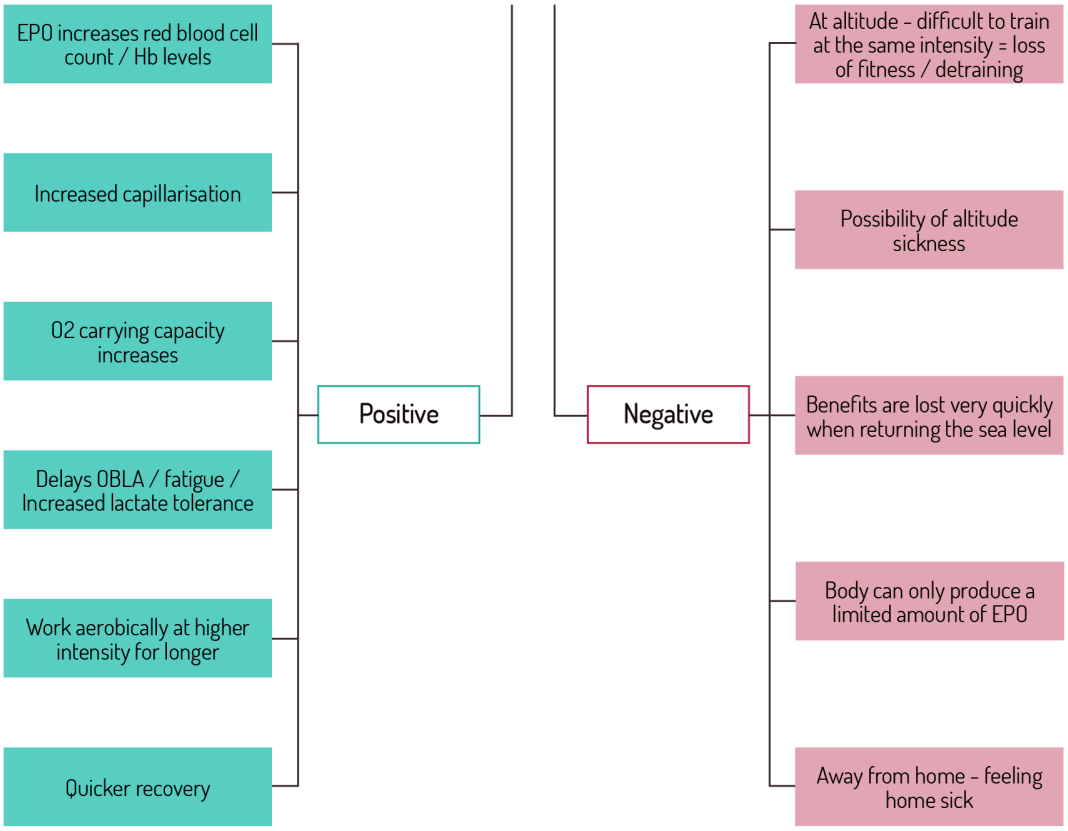
Components of EPOC



Notes

Impact of specialist training on energy systems

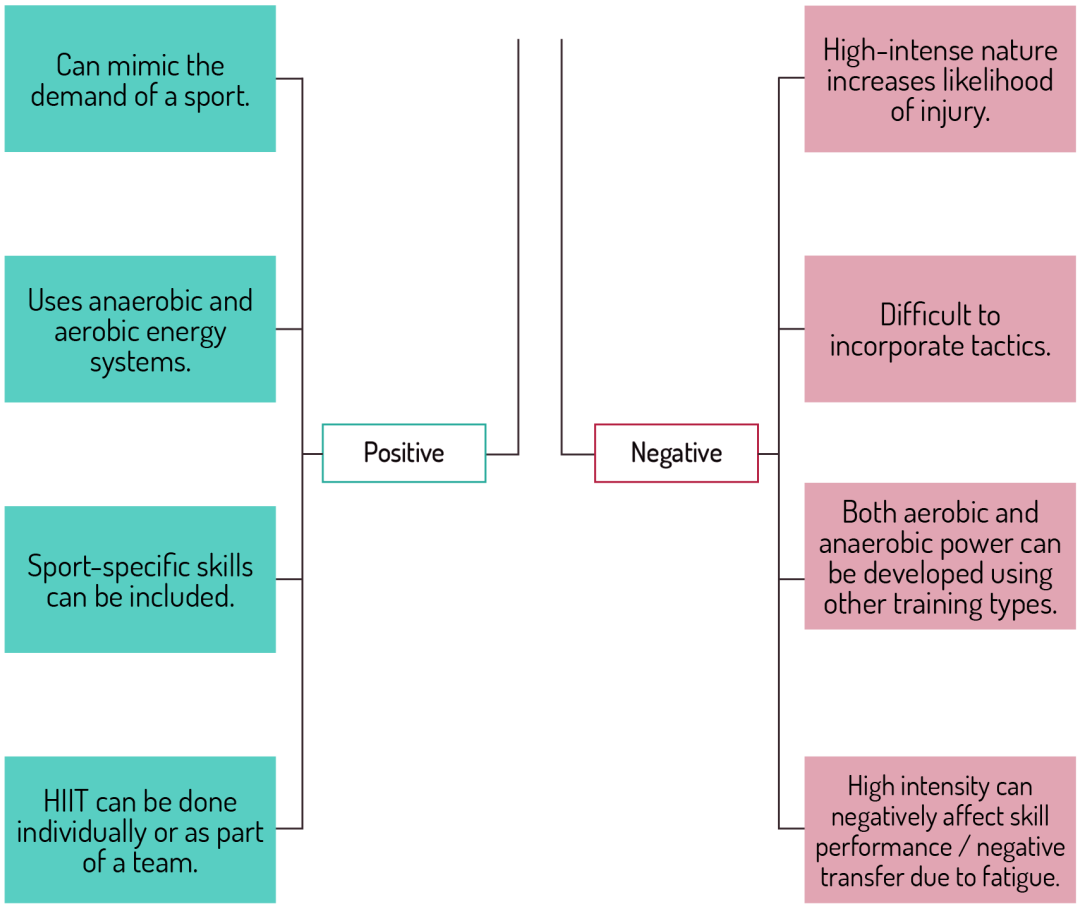
Specialist training methods
Altitude



Notes

Specialist training methods

HIIT



Notes

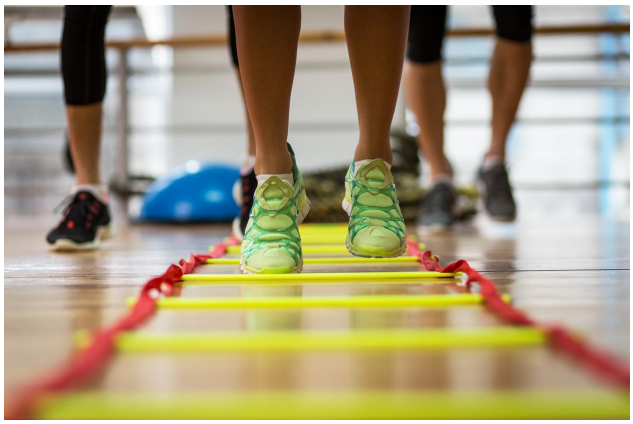
Plyometrics

Notes

SAQ training

S A Q

Speed Agility & Quickness



Notes

*Supplements

Creatine	Sodium bicarbonate	Caffeine	Glycogen loading
From meat/fish	Reduces acidity/neutralises lactic acid	Stimulant	7-day process
Amino acids	HCO3-	+Increases activity of the CNS	Day one: Deplete glycogen stores.
Creatine monohydrate	Binds with hydrogen ion	+Increased alertness	Days 2&3: Increase fat and protein.
+Increased PC stores	Carbonic acid	+Decreased reaction time	Day 4: Deplete glycogen.
+Increased length of high-intensity activity	Converted to CO2 and H2O and breathed out	+Increased aerobic capacity	Day 5-7: Carb-rich dieting
+Increased max explosive strength	+Increased buffering capacity	+Increased fat metabolism and fat solubility in blood plasma	Combine with the tapering of training.
-Increased weight	+Delays OBLA	+Preserve glycogen	+Up to 50% greater glycogen store
-Increased water retention	+Increased intensity before OBLA	-Diuretic	+Takes longer to reach exhaustion.
	-Unpleasant	-Insomnia	+Increased endurance
	-Tummy ache	-Acidic - can lead to stomach problems.	-Hypoglycaemia in depletion phase
	-Diarrhoea		-Lethargy
	-Vomiting		-Irritability
	-Stomach cramps		-Water retention
			-Gastrointestinal problems

Notes