

## A LEVEL PE PERSONAL LEARNING CHECKLIST

### BIOMECHANICS

#### Applied Movement Analysis (Biomechanics)

<b>Biomechanical Principles</b>	Completed	Confident	Revised
Newton's Laws			
Centre of Mass and Stability			

<b>Levers</b>	Completed	Confident	Revised
Lever Classification			
Mechanical Advantage and Disadvantage			

<b>Linear Motion</b>	Completed	Confident	Revised
Vectors and Scalars			
Horizontal Forces			
Vertical Forces			
Impulse			

<b>Angular Motion</b>	Completed	Confident	Revised
Newton's Analogues			

Angular Motion			
Angular Momentum			

<b>Projectiles</b>	Completed	Confident	Revised
Factors Affecting Projectiles			
Projectile Motion			
Vector Resolutions			

<b>Fluid Dynamics</b>	Completed	Confident	Revised
Bernoulli Force			
Downforce			
Magnus Force			

## **PSYCHOLOGICAL FACTORS**

### **Skill**

<b>Skill, Continua and Transfer</b>	Completed	Confident	Revised
Characteristics of Skill			
Muscular Involvement Continuum			
Environmental Continuum			
Pacing Continuum			
Continuity Continuum			
Complexity Continuum			
Organisational Continuum			
Transfer of Skill			

<b>Practice</b>	Completed	Confident	Revised
Types of Practice			
Methods of Practice			
Mental Practice			

<b>Learning</b>	Completed	Confident	Revised
Stages of Learning			

Learning Plateaus			
Cognitive Learning			
Observational Learning			
Constructivism			

<b>Guidance and Feedback</b>	Completed	Confident	Revised
Guidance			
Feedback			

### **Memory and Information Processing**

<b>Memory</b>	Completed	Confident	Revised
Memory			
Baddeley and Hitch Working Memory Model			

<b>Information Processing</b>	Completed	Confident	Revised
Whiting's Model			
Information Processing			
Strategies to Improve Information Processing			

<b>Reaction Time</b>	Completed	Confident	Revised
Reaction Time			
Anticipation and PRP			
Strategies to Improve Response Time			

<b>Schema Theory</b>	Completed	Confident	Revised
Schema Theory			

### **Sports Psychology 1**

<b>Personality</b>	Completed	Confident	Revised
Personality 1			
Personality 2			

<b>Attitudes</b>	Completed	Confident	Revised
Attitude Formation			
Triadic Model of Attitudes			

<b>Arousal and Anxiety</b>	Completed	Confident	Revised
Arousal Theories 1			

Arousal Theories 2			
Anxiety			
State and Trait Anxiety			

<b>Aggression</b>	Completed	Confident	Revised
Aggression			
Eliminating aggression			

<b>Motivation</b>	Completed	Confident	Revised
Motivation			
Achievement Motivation			
NAch and NAF			
Achievement Goal Theory			

## **Sports Psychology 2**

<b>Social Facilitation</b>	Completed	Confident	Revised
Drive Theory of Social Facilitation			
Theories of Social Facilitation			
Strategies to Combat Social Inhibition			

<b>Group Dynamics</b>	Completed	Confident	Revised
Group Productivity			
Strategies to Increase Group Cohesion			

<b>Goal Setting</b>	Completed	Confident	Revised
Goal Setting			

<b>Attributions</b>	Completed	Confident	Revised
Attribution Theory			
Attributional Retraining			
Learned Helplessness			
Mastery Orientation			

<b>Self-efficacy and Confidence</b>	Completed	Confident	Revised
Vealey's Model of Confidence			
Bandura's Model of Self-efficacy			

<b>Leadership</b>	Completed	Confident	Revised
Leadership Styles			

Leadership Theories			
Chelladurai's Multi-dimensional Model			

<b>Stress Management</b>	Completed	Confident	Revised
Stress and Stressors			



## **SOCIALCULTURAL STUDIES**

### **Emergence of Globalisation of Sport in the 21<sup>st</sup> Century**

<b>Preindustrial (pre 1780)</b>	Completed	Confident	Revised
Popular Recreation			
Rational Recreation			

<b>Industrial and Post-industrial (1780 – 1900)</b>	Completed	Confident	Revised
Impact of Industrialisation			
Development of Football			
Development of Lawn Tennis			
Development of Track and Field			

<b>Post-world War 2 (1950 to today)</b>	Completed	Confident	Revised
Golden Triangle			
Amateur and Professional Approach			
Changing Status of Women in Sport			

### **Sociological Theories**

<b>Social Processes</b>	Completed	Confident	Revised
Social Processes 1			

Social Processes 2			
Social Action Theory			

<b>Underrepresented Groups</b>	Completed	Confident	Revised
Disability			
Ethnicity			
Gender			
Disadvantaged			
Equal Opportunities			

<b>Participation</b>	Completed	Confident	Revised
Barriers to Participation			
Benefits to Participation			
Sport England			
Sport Development Continuum			

### **Concepts of Physical Activity and Elite Sport**

<b>Concepts of Physical Activity</b>	Completed	Confident	Revised
Physical Recreation and Sport			

Physical Education and School Sport			
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<b>Elite Performers</b>	Completed	Confident	Revised
Talent Identification			
Elite Performance and Excellence			
National Governing Bodies			
National Institutes of Sport			
UK Sport			

<b>Ethics</b>	Completed	Confident	Revised
Sportsmanship and Gamesmanship			
Deviancy			
Violence in Sport			
Drugs in Sport			
Arguments For and Against PEDs			
Sport and the Law			

### **Commercialisation and Technology**

<b>Commercialisation</b>	Completed	Confident	Revised
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Impact of the Media			
Positive and Negative Impact of Commercialisation			
Positive and Negative Impact of Sponsorship			

<b>Technology</b>	Completed	Confident	Revised
Technology and Sports Analytics			
Functions of Sports Analytics			
Development of Equipment and Facilities			
Positive and Negative Impact of Technology			

## **PHYSIOLOGICAL FACTORS**

### **Cardiovascular and Respiratory System**

<b>Impact of Activity</b>	Completed	Confident	Revised
Cardiovascular Health			
Cardiac Volumes			

<b>The Heart</b>	Completed	Confident	Revised
Anticipatory Rise and Heart Rate Responses			
Conduction System			
Control of Heart Rate			

<b>Vascular System</b>	Completed	Confident	Revised
Redistribution of Blood			
Transportation of O <sub>2</sub> and CO <sub>2</sub>			
Venous Return			
Blood Pressure			
Gaseous Exchange			
Oxygen Dissociation			
Cardiovascular Drift			

A-VO <sub>2</sub>			
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<b>Respiratory System</b>	Completed	Confident	Revised
Lung Volumes			
Mechanics of Breathing and Respiratory Control			
Smoking and Respiratory Health 1			
Smoking and Respiratory Health 2			

### **Neuromuscular and Skeletal Systems**

<b>Neuromuscular System</b>	Completed	Confident	Revised
Muscle Fibre Types			
Nervous System			
PNF Stretching			
Motor Units			
Action Potentials and Neurotransmitters			

<b>Joint Actions</b>	Completed	Confident	Revised
Planes and Axes			
The Shoulder			

The Elbow			
The Hip			
The Knee and Ankle			

<b>Joints and Movement</b>	Completed	Confident	Revised
Types of Joint			
The Bones of the Skeleton			
Types of Contraction			
Roles of Muscle			

## **Energy Systems**

<b>ATP</b>	Completed	Confident	Revised
Role of ATP			

<b>Anaerobic Exercise</b>	Completed	Confident	Revised
ATP/PC System			
ATP/PC System Analysis			
Glycolytic Systems			
OBLA			

<b>Aerobic Exercise</b>	Completed	Confident	Revised
Aerobic System			
VO2max			
Factors Affecting VO2max			

<b>Energy Continuum</b>	Completed	Confident	Revised
Energy Continuum			

<b>The Recovery Process</b>	Completed	Confident	Revised
Recovery from Exercise			
EPOC			

### **Energy Expenditure and Specialist Training**

<b>Energy Expenditure</b>	Completed	Confident	Revised
Indirect Calorimetry			
Lactate Sampling and RER			
VO2max Tests			

<b>Specialist Training</b>	Completed	Confident	Revised
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Altitude Training			
HIIT			
Plyometrics Training			
SAQ			

### **Diet, Preparation and Training**

<b>Diet</b>	Completed	Confident	Revised
Diet and Nutrition 1			
Diet and Nutrition 2			
Supplements			

<b>Preparation</b>	Completed	Confident	Revised
Fitness Testing Data			
Quantitative and Qualitative Data			
Warm up and Cool Down			
Stretching			
Principles of Training			
Periodisation			

<b>Training Methods</b>	Completed	Confident	Revised
Aerobic Training			
Anaerobic Training			
PNF Stretching			

### **Injury Prevention and Rehabilitation**

<b>Injuries</b>	Completed	Confident	Revised
Acute Injuries			
Chronic Injuries			
Injury Prevention			

<b>Recovery and Rehabilitation</b>	Completed	Confident	Revised
Injury Rehabilitation			
Speeding up Recovery			
Hyperbaric Chambers and Cryotherapy			
Sleep and Nutrition			