



## A-Level PE Pre-Course work

Congratulations on choosing a fantastic A-Level subject which we are sure you will enjoy and gain enormously from over the next 2 years.

In order for you to make the best possible progress from the kick off in September, we would like you to complete the following work. As you are aware the course is divided into 3 distinct areas. The following work will require you to research topics that are specific to each area but also a synoptic style question that will require you to combine your knowledge of each area. You should take your time over your work to ensure it is of a high standard.

Research and compile and answer and compile a glossary of the following key terms and ideas. We know what Google and Wikipedia says so you will need to look a little bit harder to make sure you have a basic understanding of each answer!

### **Anatomy and Physiology**

1. What are Chemoreceptors, Baroreceptors and Proprioceptors? How do they control breathing rate and heart rate?
2. Starling's law of the heart..... What is the law and how does exercise have an impact upon it?

### **Contemporary**

1. What is popular recreation and rational recreation? Give an example of each
2. What is the golden triangle? Discuss the effect of commercialisation on a performer
3. Describe the term 'social change'. Give an example from sport

### **Psychology**

1. Coaches will use reinforcement as part of operant conditioning to improve skill level. What is operant conditioning? Give an example of how you could use it in your sport



### **Practical Evidence**

You must begin recording your practical evidence ASAP. It must be in the fully competitive situation and cannot be edited/paused (i.e. must be recorded continually)

