

Advance information June 2022

GCSE Physical Education (8582)

Version 1.0

Because of the ongoing impacts of the Coronavirus (COVID-19) pandemic, we are providing advance information on the focus of June 2022 exams to help students revise.

This is the advance information for GCSE Physical Education (8582).

Information

- This advance information covers all examined components.
- For each paper the list shows the major focus of the content of the exam.
- Topics not explicitly given in the list may appear in multiple-choice questions, low tariff questions or via synoptic questions. Synoptic questions are those that bring together knowledge, skills and understanding from across the specification.
- It is **not** permitted to take this advance information into the examination.

Advice

- Students and teachers should consider how to focus their revision of other non-listed parts of the specification, which may be tested in lower mark questions.
- Students and teachers should consider how to focus their revision of other non-listed parts of the specification, for example to review whether other topics may provide knowledge which helps understanding in relation to the areas being tested in 2022.
- Students will be credited for using any relevant knowledge from any non-listed topic areas when answering questions.
- Students will still be expected to apply their knowledge.
- Students will be expected to draw on knowledge, skills and understanding from across the specification when responding to synoptic questions.

Focus of the June 2022 exam

The major focus of the June 2022 exam will be as follows.

Paper 1: The human body and movement in physical activity and sport

3.1.1.1 The structure and functions of the musculoskeletal system

- How the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement in physical activity at the major movable joints

3.1.1.2 The structure and functions of the cardio-respiratory system

- Blood vessels

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- Mechanics of breathing – the interaction of the intercostal muscles, ribs and diaphragm in breathing
 - Interpretation of a spirometer trace
- 3.1.1.3 Anaerobic and aerobic exercise
- The use of aerobic and anaerobic exercise in practical examples of differing intensities
- 3.1.1.4 The short- and long-term effects of exercise
- Long-term effects of exercise (months and years of exercising)
- 3.1.2.1 Lever systems, examples of their use in activity and the mechanical advantage they provide in movement
- Analysis of basic movements in sporting examples
- 3.1.3.2 The components of fitness, benefits for sport and how fitness is measured and improved
- Linking sports and physical activity to the required components of fitness
 - Reasons for and limitations of fitness testing
- 3.1.3.5 Effective use of warm up and cool down
- Warming up and cooling down

Paper 2: Socio-cultural influences and well-being in physical activity and sport

- 3.2.1.1 Classification of skills (basic/complex, open/closed)
- Classifications of skill
- 3.2.1.3 Basic information processing
- Basic information processing model
- 3.2.2.1 Engagement patterns of different social groups in physical activity and sport
- Engagement patterns of different social groups and the factors affecting participation
- 3.2.2.2 Commercialisation of physical activity and sport
- Positive and negative impacts of sponsorship and the media
 - Positive and negative impacts of technology
- 3.2.2.3 Ethical and socio-cultural issues in physical activity and sport
- Prohibited substances
 - Reasons why hooliganism occurs
 - Strategies employed to combat hooliganism/spectator behaviour
- 3.2.3.3 Energy use, diet, nutrition and hydration
- Nutrition – the role of carbohydrates, fat, protein and vitamins/minerals
 - Reasons for maintaining water balance (hydration)

END OF ADVANCE INFORMATION