

# Advance Information for Summer 2022

## A Level

## Physical Education

## H555

We have produced this advance information to help support all teachers and students with revision for the Summer 2022 exams.

### Information

- This advance information covers all examined components.
- This advance information does **not** cover non-examined assessment (NEA) components.
- The format/structure of the papers remains unchanged.
- There are no restrictions on who can use this advance information.
- You are not permitted to take this advance information into the exam.
- This document has **4** pages.

### Advice

- For each paper the list shows the major focus of the content of the exam. However, students are advised that content not listed may appear on the question papers.
- The areas of content listed are suggested as key areas of focus for revision and final preparation.
- The aim should still be to cover all specification content in teaching and learning.
- Students' responses to individual questions may draw upon other areas of specification content where relevant, and credit will be given for this where appropriate.
- Students and teachers can discuss this advance information.

If you have any queries about this notice, please call our Customer Support Centre on **01223 553998** or email [general.qualifications@ocr.org.uk](mailto:general.qualifications@ocr.org.uk).

## **H555/01 Physiological factors affecting performance**

### **1.1 Applied anatomy and physiology**

- 1.1.a Skeletal and muscular systems
  - Joints, movements and muscles
    - Lower body
  - Analysis of movement
- 1.1.b Cardiovascular and respiratory systems
  - Cardiovascular system during exercise of differing intensities and during recovery
  - Respiratory system during exercise of differing intensities and during recovery
- 1.1.c Energy for exercise
  - ATP resynthesis during exercise of differing intensities and durations
- 1.1.d Environmental effects on body systems
  - Exercise at altitude

### **1.2 Exercise physiology**

- 1.2.a Diet and nutrition and their effect on physical activity and performance
  - Ergogenic aids
- 1.2.b Preparation and training methods in relation to improving and maintaining physical activity and performance
  - Strength training
  - Flexibility training
- 1.2.c Injury prevention and the rehabilitation of injury
  - Rehabilitation of injury

### **1.3 Biomechanics**

- 1.3.a Biomechanical principles, levers and the use of technology
  - Biomechanical principles
- 1.3.b Linear motion, angular motion, fluid mechanics and projectile motion
  - Linear motion
  - Angular motion

## **H555/02 Psychological factors affecting performance**

### **2.1 Skill acquisition**

- Principles and theories of learning movement skills
- Guidance
- Feedback
- Memory models

### **2.2 Sports psychology**

- Individual differences
  - Personality
  - Motivation
  - Arousal
- Group and team dynamics in sport
- Attribution
  - Weiner's model of attribution
- Confidence and self-efficacy in sports performance
- Leadership in sport

## **H555/03 Socio-cultural issues in physical activity and sport**

### **3.1 Sport and society**

- Emergence and evolution of modern sport
- Global sporting events

### **3.2 Contemporary issues in physical activity and sport**

- Ethics and deviance in sport
  - Drugs and doping in sport
- Commercialisation and media
- Modern technology in sport – its impact on elite level sport, participation, fair outcomes and entertainment
  - Elite performance
  - General participation

## **END OF ADVANCE INFORMATION**



### **Copyright Information**

OCR is committed to seeking permission to reproduce all third-party content that it uses in its assessment materials. OCR has attempted to identify and contact all copyright holders whose work is used in this paper. To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced in the OCR Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download from our public website ([www.ocr.org.uk](http://www.ocr.org.uk)) after the live examination series.

If OCR has unwittingly failed to correctly acknowledge or clear any third-party content in this assessment material, OCR will be happy to correct its mistake at the earliest possible opportunity.

For queries or further information please contact The OCR Copyright Team, The Triangle Building, Shaftesbury Road, Cambridge CB2 8EA.

OCR is part of Cambridge University Press & Assessment, which is itself a department of the University of Cambridge.