

Yr 12 A Level PE Assessment Manifest – Paper 1

Physiological factors affecting performance

Applied anatomy and physiology	R	A	G
Analyse movement with reference to: <ul style="list-style-type: none"> ● Joint type ● Movement produced ● Agonist and antagonist muscles involved ● Type of muscle contraction taking place ● Planes of movement ● Skeletal muscle contraction ● Types of muscle fibre 			
Cardiovascular system <ul style="list-style-type: none"> ● The relationship between HR, SV and Q ● Conduction system of the heart link to cardiac cycle ● Redistribution of blood during exercise and during recovery ● Regulation of heart rate – neural, hormonal and intrinsic factors 			
Respiratory system <ul style="list-style-type: none"> ● The relationship between TV, F and VE ● Mechanics of breathing at rest and during exercise ● Regulation of breathing during exercise and during recovery ● Effect of exercise on gas exchange at the alveoli and at the muscles 			

Exercise physiology	R	A	G
Diet and nutrition <ul style="list-style-type: none"> ● The function and importance of the components of a balanced, healthy diet ● Energy intake and expenditure ● Energy balance in physical activity and performance 			
Ergogenic aids <ul style="list-style-type: none"> ● Use of ergogenic aids; potential benefits and risks ● Pharmacological aids ● Physiological aids ● Nutritional aids 			