



WJEC GCE AS
Physical Education
2550QS

Summer 2022 examinations

Unit 1	Exploring Physical Education	Tuesday, 17 May 2022
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Advance Information

General information for students and teachers

This advance information provides the focus of the content of the Summer 2022 examination paper.

It does not apply to any other examination series.

It is intended to support revision.

It may be used at any time from the date of release.

It must not be taken into the examination.

Released: 7 February 2022

Subject information for students and teachers

Further information about adaptations to WJEC GCSE and GCE qualifications in 2022 is available at: <https://www.wjec.co.uk/home/summer-2022-adaptations/>

This advance information covers Unit 1 only. There is no advance information for Unit 2 (NEA). The information for Unit 1 is provided in specification order and not in question order. The structure of the paper remains unchanged.

It is advised that teaching and learning should still cover the entire subject content in the specification. It is important that students cover the curriculum as fully as possible, so that they are as well prepared as possible for progression to the next stage of their education.

The following areas of content are suggested as key areas of focus for revision and final preparation. These topic areas will be largely, although not exclusively, tested through the higher tariff questions. Other subject content not listed in the advance information will be covered in the remaining questions. Students will be credited for using any relevant knowledge from any other topic areas when answering questions. Students will be expected to draw on knowledge, skills and understanding from across the specification when responding to synoptic questions.

1. Exercise physiology, performance analysis and training

Performance analysis in sport

- Fitness testing: laboratory-based testing and its application

Analysis of movement in physical activities

Musculo-skeletal system

- Muscle fibres

Preparation and training methods

- Components of fitness
- Methods of training
- Environmental training
- Periodisation

2. Sport psychology

Stress, arousal and anxiety in sport

- Theories of arousal: drive theory, inverted-U and catastrophe theories

3. Skill acquisition

Learning processes and variables

- Methods of guidance – visual, verbal, manual and mechanical

4. Sport and society

Emergence of modern sport

End of advance information