

# GCSE Physical Education

**Topics covered from the beginning of the academy year to the end of this half-term.**

## AUT 1:

1. Drugs in sport
2. Sponsorship
3. Personality types

## AUT 2:

4. Arousal
5. commercialisation



**ARENA**  
ACADEMY

Health & Social Care, P.E,  
Physics, Chemistry, Biology



**G.C.S.E.P.E**  
Learning Journey

**Qualitative & Quantitative**

Analyse & evaluate data



**Components of fitness recap**

**AQA**

Practical moderation

## Chapter 7 – Use of data

**Somatotypes**

Sedentary lifestyle

Mental health & well-being

Ectomorph  
Endomorph  
Mesomorph

## Chapter 6 – Health & Fitness

Social health & well-being

Physical health & well-being

**Lever systems recap**



Drugs in sport

Ethical issues

Barriers to participation  
Women  
Ethnicity  
Disability

## Chapter 5 – Socio-cultural influences

Arousal

Personality types

Golden Triangle

## Chapter 4 – Sports psychology

Types of feedback

Basic model of information processing

Classification of skills

Lever systems

Analysis of selected movements

Push ups  
Throw in  
Running

**AQA**

**11**  
YEAR



## Chapter 2 – Movement Analysis

Components of fitness

Fitness testing

Principles of training

## Chapter 3 – Physical Training

Types of training

Major muscles

## Chapter 1 – Applied anatomy & physiology



Respiratory system

Structure of the heart

Aerobic & Anaerobic

Functions of the skeleton

Structure of the skeleton

**10**  
YEAR

**Etiquette** = The unwritten rules concerning player behaviour e.g. in football players usually kick the ball out of play when a another player is injured.

**Sportsmanship** = Appropriate, polite and fair behaviour while participating in a sporting event e.g. shaking hands with your opponents at the end of a game.

**Gamesmanship** = The use of dubious methods, that are not strictly illegal, to gain an advantage e.g. time wasting.

**Contract to Compete** = Agreeing to play by the rules, trying to win but also allowing your opponent to play.

### **Spectator Behaviour**

**Hooliganism** – Rowdy, violent or destructive behaviour.

#### **Reasons for Hooliganism**

- Rivalry between teams e.g. local derby.
- Alcohol consumption
- Gang culture
- Growing frustration either at own teams performance or some referee decisions.
- Ritualised behaviour to show own masculinity

#### **Combating Hooliganism**

- Prevention of known hooligans being at matches / events.
- Alcohol bans in and around grounds.
- Early kick offs to prevent the excessive consumption of alcohol prior to the game.
- Segregation of fans
- Policing and stewarding improves crowd control.
- Use of CCTV cameras at grounds allows spectators to be monitored.
- Banning fans for poor behaviour and acts of hooliganism.

## **Performance Enhancing Drugs:**

**1) Anabolic Agents** – Drugs that help athlete to train harder and build muscle.

**Advantages:** Build up body weight, increase size of muscles therefore improving a performers strength, make performer more aggressive and competitive.

**Disadvantages:** Shrink the testicles of men, cause high blood pressure, damage liver, kidneys and heart. Women may develop more body hair, smaller breasts and a deeper voice.

**2) Stimulants** – Make athletes more alert and mask effects of fatigue.

**Advantages:** Increase alertness, reduce reaction time, reduce tiredness.

**Disadvantages:** Highly addictive, cause high blood pressure, strikes and heart and liver problems. They can also increase the risk of injury because the performer is more tolerant to pain and will continue to train / play with a injury.

**3) Narcotic Analgesics** – Painkillers that mask pain caused by injury or fatigue, which can make the injury worse.

**Advantages:** Mask pain of an injury.

**Disadvantages:** Highly addictive, cause low blood pressure, loss of concentration and can cause constipation.

**4) Peptide Hormones (EPO)** – Naturally occurring chemicals within the body. EPO increases numbers of red blood cells and therefore improves oxygen delivery to muscles.

**Advantages:** Increase the amount of red blood cells in the body therefore increasing the ability of an athlete to transport oxygen to the working muscles during exercise.

**Disadvantages:** Thickens blood which makes the heart work harder which increases the risk of strokes and heart attacks.

**5) Diuretics** – Drugs that remove fluid from the body.

**Advantages:** Helps remove excess water from the body resulting in weight loss. They hide the presence of other illegal substances and speed up their removal from the body.

**Disadvantages:** Can cause severe dehydration, low blood pressure and muscle cramps.

**6) Beta Blockers** – Drugs taken to calm a performer down by reducing the effects of adrenaline.

**Advantages:** Reduce heart rate, muscle tension and blood pressure. This helps a performers precision and accuracy.

**Disadvantages:** Can cause nausea, poor blood circulation leading to heart problems and tiredness.

## **Ethical Issues**

#### **Advantages of Taking Performance Enhancing Drugs for a Performer**

- Increase chance of winning due to higher performance levels.
- More success means more money and a secure life financially.
- Greater recognition or fame for the performer.

#### **Disadvantages of Taking Performance Enhancing Drugs for a Performer**

- Taking PED's can affect a performers health in a negative way.
- Taking PED's is cheating and if caught performers will face lengthy bans.
- If caught a performers reputation will be ruined which could effect their income e.g. loss of sponsors, sacked / released from team.

#### **Disadvantages of Taking Performance Enhancing Drugs for a Sport**

- Sports lose credibility and gain a ban reputation e.g. cycling.
- Due to this sports find in more difficult to attract sponsors causing less money being invested in the sport (less income).
- Participation rates could fall due to people not wanting to be associated with a sport.

**7) Blood Doping** – Increasing the number of red blood cells with a athletes blood stream.

#### **Process:**

- i) Blood is removed from the athlete and stored in a cold place.
- ii) The athlete continues to train, allowing his body to naturally replace the blood that has been removed.
- iii) Before a competition / event the blood originally removed from the athlete is placed back into their body.

**Advantages:** Increases a performers red blood cell count therefore allowing them to get more oxygen to their working muscles to create energy.

**Disadvantages:** Blood becomes thicker (increase in blood viscosity) which can lead to potential heart attacks or an embolism (a blockage of a blood vessel).

## Arousal:

Physical and mental state of alertness / excitement varying from deep sleep to intense excitement

### Controlling Arousal Levels:

- **Deep breathing** is a physical / somatic technique which involves the performer exaggerating their breaths in and out.
- **Mental rehearsal, visualisation and imagery** are all cognitive techniques done in the performers mind to control arousal. Mental rehearsal involves the performer picturing themselves performing the skill perfectly before attempting it e.g. goal kick in rugby. Visualisation and imagery involves the performer imagining themselves in a calm, relaxing environment.
- **Positive self-talk** is a mental / cognitive technique whereby the performer talks to themselves in their head. This reassures the performer that they can do it or that they are doing well.
- All the methods help the performer control their arousal and focus their thoughts on the task ahead of them

### Personality Types

#### INTROVERTS

**Introvert characteristics** = quiet, passive, reserved, shy, thoughtful and solitary.

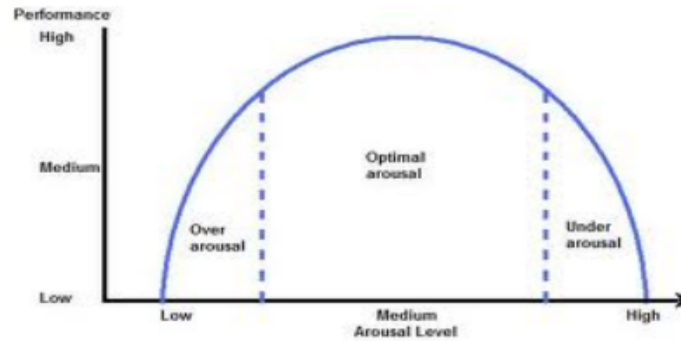
**Introverts sporting preferences** = individual sports, sports that require concentration / precision (fine skills), sports that require a lower level of arousal e.g. archery, pistol shooting.

#### EXTROVERTS

**Extrovert characteristics** = sociable, active, talkative, out-going, enjoy interaction with others, enthusiastic, prone to boredom when isolated.

**Extroverts sporting preferences** = team sports, sports that require little concentration, fast paced sports, sports that use mainly gross skills, sports that require a higher level of arousal e.g. rugby player.

### Inverted U Theory



#### Explaining the inverted U theory and its link to performance levels:

- As arousal levels increase so does performance.
- Up to the optimal level where performance is high.
- If arousal continues to increase further, performance will decrease as the performer will become over aroused.

## Arousal, Aggression, Motivation and Personality Types

### Motivation

Motivation is the drive to succeed or the desire to achieve something.

#### Intrinsic Motivation

The drive that comes from within the performer. The reward is a feeling of pride, self satisfaction or general achievement.

#### Extrinsic Motivation

The drive experienced by a performer when striving to achieve a reward. The external reward is provided by an outside source or person and can be divided into two categories:

- **Tangible rewards** – certificates, trophies, medals etc.
- **Intangible rewards** – praise or feedback from others, applause from the crowd.

#### Which is best intrinsic or extrinsic motivation?

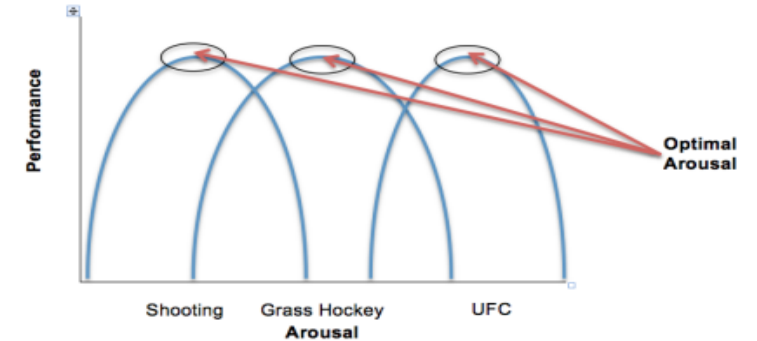
Intrinsic motivation is seen as a more effective motivational tool due to:

- Performers becoming too reliant on extrinsic motivation. This means they only play for the reward / fame / money.
- Intrinsic motivation is more likely to lead to continued effort and participation. This basically means the performer playing for pride is more likely to keep persisting and continue participating over time.
- The overuse of extrinsic can undermine the strength of intrinsic. Basic players forget why they play the sport and if they are unsuccessful they fall out of love (lose interest) with the activity.

### Varying Optimal Arousal Levels

**Fine Skills** that involve precise movements (linked to accuracy) require a low optimal level of arousal.

**Gross skills** that involve large muscle movements ( linked to power and strength) require a high level of arousal.



### Aggression

- **Direct Aggression** is when there is actual physical contact between performers e.g. rugby tackle
- **Indirect Aggression** does not involve physical contact. The aggressive act is taken out on an object to gain an advantage over an opponent e.g. smash in badminton, bowling a bouncer in cricket.

**Social Groups:** People who interact with one another, share similar characteristics, and have a sense of unity / togetherness.

**Engagement Patterns:** Trends / tendencies in involvement.

**Stereotype:** Widely held but fixed and oversimplified idea of a particular type of person e.g. females.

**FIVE SOCIAL GROUPS YOU NEED TO KNOW**

1) Gender – main focus of women’s participation.

There are a number of barriers that affect participation rates for women:

**Stereotypical Views:**

- Women lack the strength or endurance to play the same sports as men.
- Women who play sport are not feminine.
- Playing sport prevents a women’s ability of giving birth.
- Women who play sport develop muscles and become more ‘man like’. This leads to female performers having their sexuality questioned.
- A women’s role is as a carer and manager of the home.

Due to these stereotypical other barriers have been created which put some women off playing sport. They are:

**Male Dominated Culture in Sport:**

Women have less media coverage, receive less money and have less role models to look up to.

**Support from Peers and Family:**

Women get less support from their peers and family. Young girls often need to choose between playing sport or being part of a friendship group, and are put under pressure by their peers to be more like them.

**Body Image:**

The media portrays women as feminine and objects of desire. Women who choose to play sport do not follow these views and as a result their sexuality is often questioned.

**Facilities / Funding:**

Facilities for women have developed more slowly than those for men. There are less clubs / sports for women to get involved with. Funding for women’s sport is also much less than their male counterparts, however this is gradually improving.

5) Family / Friends / Role models

Family

Positive:

- Parents will encourage their children to take part in certain sports / activities
- Children rely on their parents to get them to the sport / activity.
- Parents / brothers or sisters may play a sport which you may watch resulting in you getting involved in.

Negative:

- Some parents may not provide support or encouragement due to safety concerns over participation or lack of interest in sport or may have had a negative experience of the sport (earlier in life).
- Some parents may pressure young people to concentrate on academic work rather than practical physical activity.
- Some parents cannot supply financial support / in the form of equipment or kit / coaching / transport.

Friends

Positives:

- People are more likely to play sports / for teams that their friends play for.
- Peers / friends often encourage other children to take part in their sport as they understand / appreciate the benefits that can be gained from the activities.

Negatives:

- Peers might not be interested in the activity. As they are not interested / they may encourage friends not to train / take part in sport.
- Verbally pressure friends by saying they are better going out with them or that they will not be their friend.

Role Models

**What is a role model?** A person looked up to by others as an example to be copied.

Positive:

- Encourage people to play sports so by increasing numbers participating.
- Their good behaviour can positively effect the behaviour of children who look up to them.

Negative:

- Poor behaviour can be seen by children as the correct way to behave.
- Can lead to people copying behaviour e.g. taking drugs, swearing at officials.

**Discrimination:**

The unjust or prejudicial treatment of different groups of people, especially on the grounds of race, age or gender.

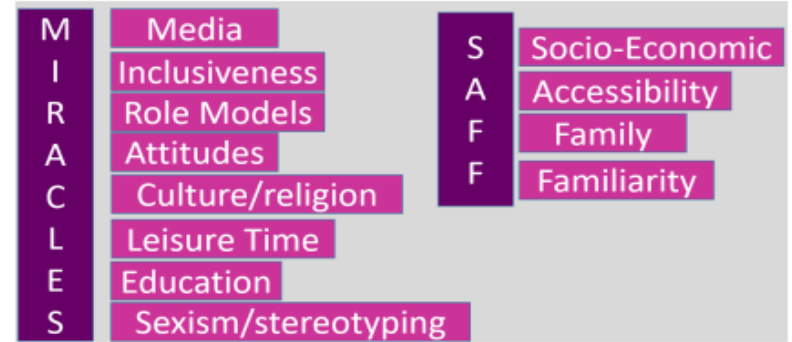
**Socio-cultural influences and Commercialisation**

4) Age

- All school children participate in sport but when they leave school participation often drop. This is referred to as ‘post-school drop out’
- Older people often take part in less sport due to family and work commitments as well economic issues which they might have.
- Also as people get older their fitness levels often decline, resulting in participation levels dropping.

**Post-school drop out:** The reduction in participation levels in young adults after they leave full-time education

**Barrier to participation:** An obstacle that prevents a group within society from participating in sport or physical activity and therefore reduces overall levels of participation.



2) Ethnicity

**ETHNIC GROUP**

A group of people who share common origins – be they racial, religious or cultural

**Barriers Affecting Participation**

- Live in poorer areas in the country – less facilities / lack of money for equipment
- Sporting prejudices / stereotypes that already exist e.g. African-Caribbeans are seen to have less swimming ability.
- Family commitments resulting in less time to participate in sport.
- In many sports there are a lack of role models for black / ethnic people to look up to and aspire to.
- Discrimination – Many people don’t take part in sports as they are afraid of being racially abused.

**Examples of how ethical issues effects a person’s participation?**

- Muslim women have to keep their bodies covered up preventing them from doing sports e.g. gymnastics / swimming.
- During Ramadan people are not allowed to eat food during daylight hours. This means that during the day they may have little energy when taking part in sports. Also they must eat at night instead of train.
- Muslim / Islamic men are expected to pray at their local mosque every day. This reduces the amount of time they can spend playing sport.

3) Disability

A physical or mental condition that limits a person’s movements, senses or activities.

**Three main categories of disability:**

- Mobility impairments
- Sensory impairments
- Mental impairments

Having a disability can limit the type of physical activity that you can take part in. Many sports centres nowadays have facilities for disabled people which has led to a increase in opportunities to take part.

**What prevents disabled people from taking part in sport?**

- Lack of facilities in the local area.
- Lack of clubs / teams.
- Lack of media coverage (apart from when the Paralympics is on)
- Knowledge of activities available in local area e.g. advertising.

**Integration:** Involving the full participation of all people in community life, but usually referring to disabled people.

**Benefits of Integration**

- Reduced possibilities of discrimination
- Less stereotyping
- Fewer barriers

**Adapted Sports:** Competitive sports for individuals with disabilities. While they often parallel. Existing sports played by able-bodied athletes, there may be some modifications in the equipment and rules to meet the needs of the participants.