

**A Level PE**

**Lecturers**
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**Activity 1 -** Structures of the heart

In A Level PE, we look at applied anatomy and physiology, which focusses on the structures and functions of the human body. We study a range of different systems including the; cardiovascular system, respiratory system, neuromuscular system, musculoskeletal system and the energy systems.

The study of PE involves the appreciation of how these systems respond to physical activity and the adaptations made due to specific training methods. The impact of lifestyle choices and diseases is also explored, as well as the impact on sporting performance.

The cardiovascular system is a particularly interesting area of applied anatomy and physiology as it plays a vital role in the performance and recovery of physical activity, with the heart playing a vital role within this system.

Your task is to complete this purpose game to develop your knowledge of the structures of the heart, firstly focus on achieving 100%, once you are comfortable with this look to try and beat your time (create an account to get on the leader board!) - [<https://www.purposegames.com/game/heart-a-level>](https://www.purposegames.com/game/heart-a-level).

When you’re comfortable with labelling the heart, use this Quizlet to develop your understanding of the definitions of these structures, ensure to use all of the study modes (which can be found on the left-hand side) - [<https://quizlet.com/523639998/the-structures-of-the-heart-a-level-flash-cards/>](https://quizlet.com/523639998/the-structures-of-the-heart-a-level-flash-cards/).



**Activity 2** - Operant conditioning

We become conditioned to give a particular response to a particular stimulus.
Watch the following video clip on operant conditioning [https://](https://www.youtube.com/watch?v=X-lgMnvPDQ0)[www.youtube.com/
watch?v=X-lgMnvPDQ0](http://www.youtube.com/watch?v=X-lgMnvPDQ0)

Now using the examples, categorise them into positive reinforcement, negative reinforcement and punishment:

* A coach stops shouting at a player when they make a good tackle
* A coach brings in the team for extra training after a heavy defeat
* A coach gives the goalkeeper the player of the match award

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**Frequently asked questions**

**How is the subject assessed?**A Level PE is assessed via two, two-hour exams and a non-exam assessment. The non-exam assessment is assessed as two parts; a practical sporting performance and a written analysis of performance. Throughout the course, we thoroughly prepare you for the exams and non-exam assessment with skills development, exemplar answers and practice questions.

**Do I need to be participating in sport to study A Level PE?**Yes, due to non-exam assessment you will need to be taking part in regular sporting activity. Part of the evidence that will need to be submitted for the non-exam assessment will be a video of your performing your chosen sport.

**Is there any practical delivery involved?**Although there is no set practical module, as a teaching team we look to apply the theory from lessons to contextualised and practical settings. Therefore, you will experience lesson both in a classroom and a practical environment (such as our 3g, sports hall or gym).

**Are there extra-curricular opportunities?**In PE, there are a number of extra-curricular opportunities via or Team BTC offer. Team BTC offers a Performance and an Active pathway. The Performance pathway involves representing one of the colleges sports teams on a Wednesday afternoon and having access to the excellent training sessions and facilities on a Monday morning and Thursday lunch time. The Active pathway is an opportunity to develop your leadership skills through volunteering and leading sessions that are aimed at improving activity levels within the college. Please find more information on Team BTC here <https://www.btc.ac.uk/students/academies/team-btc-performance/>

**What other subjects does A Level PE go with?**A Level PE is a versatile subject the compliments study of many other areas, PE students typically tend

**Recommended Preparation and Resources**

Join a local sports club if you are not already participating. Look at improving your fitness and conditioning – <https://www.fitnessblender.com/> / <https://www.thehighperformancepodcast.com/>

Specification - <https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582/specification-at-a-glance>