

## **GCSE PE: Theoretical topics**

- The range of physical activities and the different roles the active participant can choose from
- Individual differences affecting participation and performance in physical activity
- Mental factors that impact performance
- How injury can be prevented in physical activity
- Aerobic and anaerobic respiration
- The function and role of the blood in physical activity
- Oxygen debt and the recovery process
- Characteristics and benefits of leisure and recreation
- The concept of health, fitness and a healthy active lifestyle
- Muscles, bones and joints and how they combine to produce movement
- The different components of fitness
- The principles of training
- Different types of training and their application
- The impacts of the environment on training
- The training year
- Nutrition and special diets for sports people
- School influences on participation and performance in physical activity
- The roles of Sport England, Youth Sport Trust, National Governing Bodies and the Dame Kelly Holmes Legacy Trust
- Emotional health and wellbeing
- The reasons for increasing leisure time and its impact on participation in physical activity
- Fairness and personal and social responsibility
- Social groupings and their impact on participation and performance in physical activity
- Opportunities and pathways for becoming involved in physical activity
- The media and its impact on sport
- Sponsorship and its impacts on sport
- Types of competitions
- The advantages and disadvantages of holding major international sporting events
- The impacts of role models on participation in sport
- Health, safety and the well-being of others
- Impacts of science, ICT and technology on participation and performance in sport