

## Sports Studies A level Curriculum

	Autumn Term	Spring Term	Summer Term
<b>Y12</b>	<p><b>Psychology</b>            Personality            Attitudes            Anxiety</p> <p><b>Skill Acquisition</b>            Skill &amp; transfer of learning            Methods of presenting practice            Types of practice            Stages of learning            Learning plateaus            Theories of learning</p> <p><b>Socio-Cultural</b>            Pre-Industrial sport            Mob football, athletics &amp; real tennis            The Industrial Revolution            Amateurism and professionalism            Rationalisation of sports</p> <p><b>Physiology</b>            Movement analysis &amp; centre of mass            Newton's Laws &amp; angular momentum            Projectile and linear motion            Fluid mechanics            Diet and nutrition</p> <p><b>Practical Component</b>            Filming for chosen sport</p>	<p><b>Psychology</b>            Arousal            Aggression            Motivation            Social facilitation</p> <p><b>Skill Acquisition</b>            Characteristics of Skill            Transfer of learning            Methods of presenting practice            Types of practice</p> <p><b>Socio-Cultural</b>            Sociology of sport            Under-represented groups in the UK            Barriers, solutions and effectiveness</p> <p><b>Physiology</b>            Cardio-respiratory system            gaseous exchange            Adaptations through training            Cardiovascular system            Neuromuscular            Specialised training methods            Principles of training</p> <p><b>Practical Component</b>            Filming for chosen sport</p>	<p><b>Psychology</b>            Group dynamics            Cohesion            Goal setting            Stress management</p> <p><b>Skill Acquisition</b>            Information processing            Memory            Schema</p> <p><b>Socio-Cultural</b>            Concepts and characteristics            Development of elite sport in the UK</p> <p><b>Physiology</b>            Written Coursework            Factors affecting VO<sub>2</sub> max and onset of blood lactate accumulation            Introduction to energy systems</p> <p><b>Practical Component</b>            Filming for chosen sport</p>

<b>Y13</b>	<p><b>Psychology</b>          Achievement motivation          Confidence          Leadership          Attribution Theory</p> <p><b>Socio-Cultural</b>          Organisations providing support and progression          Sport UK          English Institute of Sport          National governing bodies          Whole sports plans</p> <p><b>Physiology</b>          Energy systems          Drugs in sport          Injury types          Rehabilitation and prevention</p> <p><b>Practical Component</b>          Filming chosen sport          Commentary sheets          Preparation for moderation</p>	<p><b>Psychology</b>          Revision &amp; examination technique</p> <p><b>Socio-Cultural</b>          Ethics in sport          Sport and the law          Commercialism          Technology</p> <p><b>Physiology</b>          Revision &amp; examination technique</p> <p><b>Practical Component</b>          Filming chosen sport          Commentary sheets          Preparation for moderation</p>	<p><b>Psychology</b>          Revision &amp; examination technique</p> <p><b>Socio-Cultural</b>          Revision &amp; examination technique</p> <p><b>Skill Acquisition</b>          Revision &amp; examination technique</p> <p><b>Physiology</b>          Revision &amp; examination technique</p>
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