

## A Level PE

### Bridging Work

The aim of this booklet is to gently introduce you to the A Level PE course. Please complete all tasks and hand this booklet to Mrs. Rose on your first lesson with her.

#### **Task 1**

Visit the **OCR website** to help you answer the following questions. Circle the correct answer.

Type 'OCR A Level PE 2016' into Google to direct you to the correct page.

**1. What exam board is Huish using for A Level PE?**

- a) AQA
- b) Edexcel
- c) OCR

**2. How many papers will you sit in the summer of year 13?**

- a) 1
- b) 3
- c) 2

**3. How much of the total A Level is examined through written papers?**

- a) 60 %
- b) 70 %
- c) 80 %

**4. As part of the course you must submit ONE practical performance (either as a player or coach). The practical performance makes up how much of the total A Level?**

- a) 30 %
- b) 40 %
- c) 15 %

**5. What is the maximum number of marks available for an extended writing question?**

- a) 20 marks
- b) 10 marks
- c) 15 marks

## **Task 2**

Make sure you're still on the OCR website, or type in the following link:

<http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/>

- Scroll down the page to 'Resource materials' and click on the 'Assessment'. Click on 'Non-exam assessment' and then 'Guide to non-exam assessment' and download the document.
- As part of your practical performance (which makes up 15 % of the A Level) you must submit ONE activity as either a performer **or** coach.

a) Scroll to page 34 and select the sport you think you will submit. Write this sport on the dotted line below:

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b) Will you be assessed as a performer or coach? Please circle.

c) Now go to the skills page for your sport, and look at the skills you will be assessed in. What skills do you think you need to work on to be successful? Bullet point below:

**START TO IMPROVE THESE SKILLS IN A COMPETITIVE SETTING.**

**TURN TO THE NEXT PAGE FOR MORE TASKS.....**

### **Task 3**

**This task involves a brief introduction to some of the topics you will be studying. Use the internet to help you answer these questions...**

**1. The topic of this question is 'Exercise Physiology'. Fill in the right hand column of the table.**

<b>What am I?</b>	<b>Answer</b>
I am the only useable form of energy in the human body.	
I am the enzyme that breaks down ATP.	
I am a by-product of the aerobic system that is easily removed.	
I am the part of the muscle where Glycolysis takes place.	
I am the enzyme that breaks down creatine phosphate.	
I am the third stage of the aerobic system.	
I am the enzyme that breaks down Glycogen.	
I am the part of the muscle where stages 2 and 3 of the aerobic system takes place.	
I am the enzyme that breaks down Glucose.	
I am a fuel that can be broken down by the aerobic energy system but I require more oxygen.	
I am the second stage of the Aerobic system.	
I am a chemical reaction that releases energy as it progresses.	
I am the fatiguing by-product of the second energy system.	

**2. Define the following terms taken from several different A Level PE topics**  
(hint – use the ‘glossary of terms’ on the OCR website to help you, located under  
‘teacher guides’):

<b>Term</b>	<b>Definition</b>
<b>Altitude training</b>	
<b>Centre of mass</b>	
<b>Cognitive learning theory</b>	
<b>Discrete skills</b>	
<b>Ergogenic aid</b>	
<b>Globalisation of sport</b>	
<b>Lateral rotation</b>	
<b>Motor neurons</b>	
<b>Part practice</b>	
<b>UK Sport</b>	
<b>Vascular shunt mechanism</b>	
<b>VO2max</b>	

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### **Task 4**

Try and answer the following questions, taken from OCR A Level PE sample papers. I've tried to pick questions that are related to the GCSE PE course to help you out a bit!

If you haven't done GCSE PE – DON'T PANIC! Can you use the knowledge gained in your GCSE biology class to help you?

#### Question 1

Describe the short-term effects of exercise on gas exchange at the alveoli.

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(4 marks)

#### Question 2

What term is used to describe the re-distribution of blood during physical activity?

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#### Question 3

Explain how this re-distribution of blood during physical activity is achieved.

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(4 marks)

Now mark your own answers, using the mark schemes below. Annotate, using a different coloured pen, where you went wrong on your answer.

**Question 1 answer:**

Vascular shunting (1 mark)

**Question 2 answer:**

- more blood goes to the working muscles/less blood to non-essential organs
- role of the vasomotor centre in passing on messages about where blood is needed/chemoreceptors/proprioceptors/baroreceptors
- vasodilation of arterioles leading to muscles
- vasoconstriction of arterioles leading to some organs/kidneys/gut
- opening of pre-capillary sphincters to muscles
- closing of pre-capillary sphincters to organs

(4 marks)

**Question 3 answer:**

- (during exercise) blood in capillaries at the lungs has a lower partial pressure of oxygen (A02)
- air in alveoli/lungs has higher ppO<sub>2</sub> (A01)
- gases diffuse from an area of high to low concentration (A01)
- (therefore) more oxygen diffuses from alveoli to blood (A02)
- blood in capillaries at lungs has higher ppCO<sub>2</sub> (A01)
- air in alveoli has lower ppCO<sub>2</sub> (A01)
- (therefore) more CO<sub>2</sub> diffuses from the blood to the alveoli (A02)  
move/travel.

(4 marks)

*Accept 'concentration', rather than 'partial pressure'*

*Maximum of 2 marks to be awarded for A01.*

*Maximum of 2 marks to be awarded for A02.*

NOTICE HOW A LEVEL ANSWERS HAVE A MUCH MORE TECHNICAL USE OF  
TERMINOLOGY COMPARED TO GCSE.

## **Task 5**

### **Independent research task**

Consider the following question:

**Should performance enhancing drugs in sport  
be legalised?**

In your answer, try to use sporting examples, such as Lance Armstrong.

Fill in the following table:

Argument <b>FOR</b> the use of drugs in sport	Argument <b>AGAINST</b> the use of drugs in sport

Now that you have argued for and against the use of drugs in sport, **write a conclusion.** Be decisive! Should drugs be allowed or not? Remember to briefly sum up your opinion with supporting evidence.

I think that performance enhancing drugs in sport should.....

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**END OF TASKS**