

Advance Information Summer 2022

GCSE (9–1)

Physical Education

J587

We have produced this advance information to help support all teachers and students with revision for the Summer 2022 exams.

INFORMATION

- This notice covers all examined components.
- This notice does **not** cover non-examined assessment (NEA) components.
- There are no restrictions on who can use this notice.
- The structure of the papers remains unchanged.
- Topics not explicitly given in the list may appear in low tariff questions or via synoptic questions.
- You are **not** permitted to take this notice into the exam.
- This document has **2** pages.

Advice

- The following areas of content are suggested as key areas of focus for revision and final preparation.
- The aim should still be to cover all specification content in teaching and learning.
- Students' responses to individual questions may draw upon other areas of specification content where relevant, and credit will be given for this where appropriate.
- Students and teachers can discuss this advance information.

If you have any queries about this notice, please call our Customer Support Centre on **01223 553998** or email general.qualifications@ocr.org.uk.

J587/01 Physical factors affecting performance

1.1 Applied anatomy and physiology

1.1.c. Movement analysis

- Lever systems
- Planes of movement and axes of rotation

1.1.d. The cardiovascular and respiratory systems

- Structure and function of the cardiovascular system
- Structure and function of the respiratory system

1.1.e. Effects of exercise on body systems

- Short-term effects of exercise
- Long-term (training) effects of exercise

1.2 Physical training

1.2.a. Components of fitness

1.2.b. Applying the principles of training

- Types of training

1.2.c. Preventing injury in physical activity and training

- Minimising the risk of injury

J587/02 Socio-cultural issues and sports psychology

2.1 Socio-cultural influences

2.1.a. Engagement patterns of different groups in physical activities and sports

- Physical activity and sport in the UK
- Participation in physical activity and sport

2.2 Sports psychology

2.2.3. Goal setting

2.2.5. Types of guidance

2.2.6. Types of feedback

2.3 Health, fitness and well-being

2.3.1. Health, fitness and well-being

2.3.2. Diet and nutrition

END OF ADVANCE INFORMATION

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