

Syllabus

Cambridge International A & AS Level Physical
Education

Syllabus code 9396

For examination in November 2011



UNIVERSITY *of* CAMBRIDGE
International Examinations

Note for Exams Officers: Before making Final Entries, please check availability of the codes for the components and options in the E3 booklet (titled "Procedures for the Submission of Entries") relevant to the exam session. Please note that component and option codes are subject to change.

Contents

Cambridge International A & AS Level Physical Education Syllabus code 9396

1. Introduction	2
1.1 Why choose Cambridge?	
1.2 Why choose Cambridge A & AS Level Physical Education?	
1.3 How can I find out more?	
2. Assessment at a glance	4
3. Syllabus aims and assessment	5
3.1 Aims	
3.2 Assessment objectives	
3.3 Scheme of assessment	
4. Curriculum content	8
5. Coursework	27
6. Resources list	31
7. Activity categories and codes	35
8. Assessment forms	37

1. Introduction

1.1 Why choose Cambridge?

University of Cambridge International Examinations (CIE) is the world's largest provider of international qualifications. Around 1.5 million students from 150 countries enter Cambridge examinations every year. What makes educators around the world choose Cambridge?

Recognition

A Cambridge International A or AS Level is recognised around the world by schools, universities and employers. The qualifications are accepted as proof of academic ability for entry to universities worldwide. Cambridge International A Levels typically take two years to complete and offer a flexible course of study that gives students the freedom to select subjects that are right for them. Cambridge International AS Levels often represent the first half of an A Level course but may also be taken as a freestanding qualification. They are accepted in all UK universities and carry half the weighting of an A Level. University course credit and advanced standing is often available for Cambridge International A/AS Levels in countries such as the USA and Canada. Learn more at www.cie.org.uk/recognition.

Support

CIE provides a world-class support service for teachers and exams officers. We offer a wide range of teacher materials to Centres, plus teacher training (online and face-to-face) and student support materials. Exams officers can trust in reliable, efficient administration of exams entry and excellent, personal support from CIE Customer Services. Learn more at www.cie.org.uk/teachers.

Excellence in education

Cambridge qualifications develop successful students. They not only build understanding and knowledge required for progression, but also learning and thinking skills that help students become independent learners and equip them for life.

Not-for-profit, part of the University of Cambridge

CIE is part of Cambridge Assessment, a not-for-profit organisation and part of the University of Cambridge. The needs of teachers and learners are at the core of what we do. CIE invests constantly in improving its qualifications and services. We draw upon education research in developing our qualifications.

1. Introduction

1.2 Why choose Cambridge International A & AS Level Physical Education?

The Cambridge A & AS Level Physical Education syllabus is both practical and theoretical. As well as fostering enjoyment in physical activity, it will encourage students to develop an understanding of the interaction between theory and practice by focusing on the performer and performance.

Students learn about anatomy and physiology, movement skills and contemporary studies at AS Level. This provides a firm foundation for the further advanced study of exercise, physiology, psychology of sport performance and the study of the Olympic Games from a global perspective.

The syllabus provides an excellent grounding for students intending to pursue careers in teaching and coaching, sports development, the leisure industry, recreational management and professional sport.

1.3 How can I find out more?

If you are already a Cambridge Centre

You can make entries for this qualification through your usual channels, e.g. CIE Direct. If you have any queries, please contact us at **international@cie.org.uk**.

If you are not a Cambridge Centre

You can find out how your organisation can become a Cambridge Centre. Email us at **international@cie.org.uk**. Learn more about the benefits of becoming a Cambridge Centre at **www.cie.org.uk**.

2. Assessment at a glance

Cambridge International A & AS Level Physical Education

Syllabus code 9396

Advanced Subsidiary (AS) Level: Candidates take papers 1 and 2

Advanced (A) Level: Candidates take papers 1, 2, 3 and 4

Component	Type of assessment	Weighting (%)		
		AS	A2	A
1	AS Written paper (2½ hours) Three compulsory questions	70	-	35
2	AS Coursework Centre-based assessment	30	-	15
3	A2 Written paper (2½ hours) Three compulsory questions	-	70	35
4	A2 Coursework Centre-based assessment	-	30	15

Candidates would normally take the AS components at the end of year 1 and the A2 components at the end of year 2 of a two-year course.

3. Syllabus aims and assessment

3.1 Aims

The aims of a course based on this syllabus, whether leading to an AS or A level qualification, are:

- to provide a knowledge and understanding of the conceptual basis, structure and function of a representative selection of physical education activities
- to develop understanding and problem-solving skills (interpretation and evaluation)
- to develop planning and practical skills for effective performance
- to foster an ability to relate practice to theory, and theory to practice
- to develop an understanding of the physiological, socio-cultural and psychological factors which influence physical education
- to provide an experience which is valuable, both as a means of personal development and as a foundation for employment or more advanced study.

In addition, the Advanced Level syllabus aims to encourage candidates:

- to develop the capacity to think critically about the relationships between the different factors influencing performance
- to develop a capacity to explain global trends in physical education and sport.

3.2 Assessment objectives

Candidates are expected to demonstrate the following in the context of the content described:

AO1: Knowledge and understanding of physical activity.

AO2: The ability to apply skills, knowledge and understanding in physical activity.

AO3: The ability to analyse and critically evaluate physical activity.

3.3 Scheme of assessment

Centres and candidates may choose to:

- take the AS components (Papers 1 & 2) at one exam session and the A2 components (Papers 3 & 4) at a later session, leading to the full A Level qualification
- take the AS components (Papers 1, & 2) only, leading to the Advanced Subsidiary qualification.

The AS Level forms 50% of the assessment weighting of the full Advanced Level GCE.

3. Syllabus aims and assessment

Component	Weighting (%)		
	AS	A2	A
<p>Paper 1 (2½ hours)</p> <p>AS written paper, consisting of three sections:</p> <p>Section A: Applied anatomy and physiology</p> <p>Section B: Acquiring, developing and performing movement skills</p> <p>Section C: Contemporary studies in physical education and sport</p> <p>One compulsory question worth 30 marks on each of the three sections. (90 marks)</p>	70	-	35
<p>Paper 2</p> <p>AS Coursework</p> <p>Candidates will follow a minimum of two activities from the activity profiles offered. Assessment will take place in conditioned, competitive situations. (2 × 30 marks)</p> <p>Candidates will also produce a written action plan. Candidates should design, explain and follow an action plan for improvement in one of their chosen activities. (30 marks)</p> <p>Coursework will be internally assessed and externally moderated by CIE.</p>	30	-	15
<p>Paper 3 (2½ hours)</p> <p>A2 written paper, consisting of three sections:</p> <p>Section A: Exercise and sport physiology</p> <p>Section B: Psychology of sport performance</p> <p>Section C: Olympic Games: a global perspective</p> <p>One compulsory question worth 30 marks on each of the three sections. (90 marks)</p>	-	70	35
<p>Paper 4</p> <p>A2 Coursework</p> <p>Candidates will follow a minimum of two activities from the activity profiles offered. Assessment will take place in an open environment (effective performance). (2 × 30 marks)</p> <p>Candidates will be required to evaluate and appreciate a live performance in one of their chosen activities. (30 marks)</p> <p>Coursework will be internally assessed and externally moderated by CIE.</p>	-	30	15

3. Syllabus aims and assessment

Specification Grid

Assessment objective	Component 1	Component 2	Component 3	Component 4
AO1	35%		35%	
AO2		10%		10%
AO3		5%		5%

4. Curriculum content

Component 1

Section A: Applied Anatomy and Physiology

1. The skeletal system

- general overview of the skeletal system to include the functions of the skeleton, the axial and appendicular skeleton

This is meant as an introductory section to the course and will not be directly examined.

2. Joint type

- definitions and examples of fibrous, cartilagenous and synovial joints
- the typical structure and features of a synovial joint
- the type of joint and the bones which articulate at the following joints: shoulder, elbow, radio-ulnar, wrist, hip, knee, ankle, spine (pivot, cartilaginous and gliding)

3. Movement type

- types of movement which can occur at the above named joints to include: flexion, extension, plantar flexion, dorsi flexion, abduction, adduction, pronation, supination, elevation, depression, rotation, and circumduction

4. Muscles

- location and action of individual muscles (knowledge of origins and insertions is desirable but will not be examined)
- the following joints and muscles need to be covered:
 - shoulder: deltoid, latissimus dorsi, pectoralis major, supraspinatus, rotator cuff muscles (subscapularis, infraspinatus, teres major, teres minor)
 - elbow: biceps brachii, triceps brachii
 - radio-ulnar: supinator, pronator teres
 - wrist: wrist extensors, wrist flexors
 - spine: rectus abdominus, external obliques/internal obliques, erector spinae, transverse abdominus, multifidus
 - hip: iliopsoas, sartorius, gluteus maximus, medius and minimus, gracilis, adductor longus, magnus, brevis
 - knee: biceps femoris, semi membranous, semitendinosus, rectus femoris, vastus lateralis, vastus medialis, vastus intermedius
 - ankle: tibialis anterior, gastrocnemius, soleus
- a knowledge that some muscles cause movement at more than one joint

5. Functions of muscles

- function of muscles as agonists, antagonists, fixators and synergists

4. Curriculum content

6. Types of muscle contraction

- concentric, eccentric, isometric, isokinetic

7. Muscle fibre types

- structure and function of slow oxidative, fast oxidative glycolytic, and fast glycolytic muscle fibre types

8. Movement analysis of sporting actions associated with each joint

- practical analysis of typical sporting actions associated with each joint, to include identification of joint, joint type, movement occurring, working muscles, functions of the muscles, type of contraction

9. Structure and function of the heart

- internal and external structure of the heart, to include the heart chambers and valves, all blood vessels attached to the heart, the heart wall, and pericardium
- conduction system of the heart, cardiac cycle
- definitions and relationship between cardiac output, stroke volume, heart rate; differences in values at rest and during exercise
- regulation of heart rate to include, neural, hormonal, and intrinsic factors
- measurement of heart rate response to varying intensities of workload
- heart rate response during recovery, with a graphical representation of data

10. Function of the vascular system

- pulmonary and systemic circulatory systems
- factors linked with venous return
- distribution of cardiac output at rest and during exercise, to include the vascular shunt mechanism, the role of the precapillary sphincters and the role of the vasomotor centre
- blood flow, blood velocity, blood pressure and the effects of exercise on blood pressure
- oxygen and carbon dioxide transport

11. Structure and function of the respiratory system

- structure of the nasal passages, trachea, bronchii, bronchioles, and alveoli
- lobes of the lung and pleural membrane
- mechanics of breathing at rest and during exercise
- respiratory muscles, to include: diaphragm, external intercostals, sternocleidomastoid, pectoralis minor, internal intercostals, and abdominal muscles
- control of ventilation (neural and chemical)
- definitions, values and measurement of respiratory volumes at rest and during exercise
- effect of exercise on respiratory volumes and pulmonary ventilation
- gaseous exchange, partial pressures and tissue respiration
- the effect of altitude on the respiratory system

4. Curriculum content

Component 1

Section B: Acquiring, Developing and Performing Movement Skills

1. Characteristics of a skilful performance

- learned
- efficient
- goal directed
- follows technical model
- fluent
- aesthetically pleasing

2. Definition and characteristics of motor and perceptual skills

(a) Classification of skills

- placement of skills on continua to include (with examples)
 - gross and fine
 - open and closed
 - discrete, serial and continuous
 - external and internally paced
 - simple or complex
 - high and low organisation

(b) Definition and characteristics of abilities

- characteristics: innate, underlying and enduring traits
- gross motor and psychomotor abilities, with examples

3. Motor skill development

- knowledge of the progression from motor abilities to fundamental motor skills, to sport specific skills
- awareness of the influences of early experiences and environmental exposure

4. Theories related to the learning of motor skills

- Description of the S/R bond and application of related theories
- Associationist theories: operant conditioning – shaping behaviour, the use of reinforcement, link to trial and error, linking of the S/R bond
- Cognitive theory: work of the Gestaltists – wholeness and insight learning
- Observational learning: the work of Bandura – the four elements (attention, retention, motor reproduction, motivation)

4. Curriculum content

5. Reinforcement

- definition and examples of positive reinforcement, negative reinforcement and punishment, as methods of strengthening or weakening the S/R bond
- ways of strengthening the S/R bond through repetition, satisfaction/annoyance, and through physical and mental preparedness

6. Theories related to motor and executive programmes

- definition as a generalised series of movements: creation of programmes in the long term memory; awareness of the major programmes/sub-routines of a range of motor skills
- open loop control: retrieval of programmes by making one decision, used in quick movements where there is no time for feedback, with examples
- closed loop control: detection and correction of movements during the performance through the use of feedback, with examples
- schema theory: a way of modifying the motor programme by the use of schemes or rules of information
 - Schmidt's sources of information as recall and recognition schema
 - four rules of schema (knowledge of initial conditions, knowledge of response specifications, sensory consequences, movement outcomes)
 - examples of the application of the schema theory in teaching and coaching

7. Theory of information processing in the performance of motor skills

(a) Basic models of information processing

- display, sensory information, sense organs, perception, decision making, effector mechanism response and feedback
- use of practical examples to show evidence of understanding

(b) Memory

- basic model of the memory process: selective attention, short term sensory store, short term memory, long term memory
- use of practical examples to show evidence of understanding of the use of memory in the performance of practical skills

(c) Reaction time

- definitions of reaction time, movement time and response time
- importance of a short reaction time
- factors affecting reaction time, including psychological refractory period, in a range of sporting activities

4. Curriculum content

(d) Feedback

- importance and functions of feedback
- types of feedback to include: intrinsic and extrinsic, terminal and concurrent, positive and negative, knowledge of performance, knowledge of results
- use of practical examples to show how feedback can be used effectively to improve performance

(e) Phases of learning movement skills

- cognitive, associative, autonomous phases of learning
- characteristics of each phase and their practical implications

(f) Transfer of learning

- definition of transfer of learning
- types, including (with practical examples):
 - positive transfer, its practical application and ways of optimising its effect:
 - negative transfer, its practical application and ways of limiting its effect
 - proactive and retroactive
 - bilateral transfer

(g) Motivation

- definition of motivation to include extrinsic and intrinsic motivation
- practical examples to show the advantages and disadvantages of both methods
- effect of extrinsic rewards on intrinsic motivation

(h) Theories related to arousal levels

- drive theory
- inverted U theory
- drive reduction theory

4. Curriculum content

Component 1

Section C: Contemporary Studies in Physical Education and Sport

1. The conceptual basis of physical education and sport

(a) Defining the field of study

- physical performance as it falls within such activity categories as play, physical recreation, sport and physical education
- recognition of the broader concepts of leisure and recreation, and the sub categories of outdoor recreation and outdoor education: identification and explanation of shared characteristics

(b) Leisure and recreation

- identifying leisure activities and associated characteristics
- leisure as an activity and experience:
 - in a cultural setting
 - as an economic product
 - as a form of social control
 - as a basis for self realisation
- recreation as a positive aspect of leisure: active leisure, associations with privilege and purposefulness

(c) Physical and outdoor recreation

- definition and characteristics of physical recreation in a leisure and cultural framework
- definition and characteristics of outdoor recreation:
 - appreciation of the natural environment
 - adventure and risk to the individual
 - respect for the countryside

(d) Towards a concept of play

- definition and characteristics of play:
 - freedom and time
 - space and spontaneity
 - enjoyment
 - intrinsic value
 - non serious and non productive assumptions
- child at play: increasing mastery over reality
- adult at play: escape from reality, stress release

4. Curriculum content

(e) Towards a concept of sport

- definitions and characteristics of sport
- values such as sportsmanship and fair play; win and participation ethics
- sport in society: the functional/desirable to dysfunctional/undesirable components
- concepts of sport for all and excellence in sport
- equal opportunity, provision and esteem
- elitism

(f) Physical education and outdoor education

- definitions and characteristics of physical education in schools
- values:
 - health and skill learning
 - preparation for active leisure and as a career
 - self realisation
 - socialisation

• definitions and characteristics of outdoor education as part of physical education

- safety in natural situations: subjective and objective danger; real and perceived risk

(g) Relationships between play, physical recreation, sport and physical education

- differences in emphasis of characteristics in different activities

2. Achieving excellence in sport (relating to a country of your choice)

- policies, government initiatives
- status of elite sport, professional approach
- political views
- importance of Olympic success
- provision for excellence, facilities, coaches, science support
- funding for excellence
- administration, structure and organisation of sport

3. Mass participation in sport (relating to a country of your choice)

- benefits of regular participation in sport
- widening the base of the performance pyramid
- initiatives to encourage mass participation
- provision of facilities, for mass participation by private, public, or voluntary bodies
- funding for mass participation
- provision at grass roots level by National Governing Bodies and other agencies
- attitudes to participation

4. Curriculum content

4. Factors affecting participation in sport

- socio-economic status
- parents, siblings peer group
- age
- gender
- ability/disability
- race
- religion
- government/status of country

5. Sporting issues

- sport and commercialism
- links between sport and politics
- sponsorship/advantages and disadvantages to the performer and sponsor
- role of the media
- ethics in sport/fair play, sportsmanship and gamesmanship
- violence/by players and spectators; solutions to the problem
- drugs in sport

4. Curriculum content

Component 3

Section A: Exercise and Sport Physiology

1. Energy concepts

- definitions of energy, work and power and the units they are expressed in
- forms of energy to include chemical, kinetic and potential

2. ATP

- the role of ATP
- the breakdown and re-synthesis of ATP
- the principle of coupled reactions; exothermic and endothermic reactions

3. ATP resynthesis

- knowledge of the three energy systems:
 - ATP/PC (alactic)
 - the lactic acid system
 - the aerobic system
- Detail required to include the type of reaction (aerobic or anaerobic), the chemical or food fuel used, the specific site of the reaction, the controlling enzyme, energy yield, specific stages within a system, and the by-products produced.

4. Energy continuum

- the predominant energy system used related to:
 - the type of exercise (duration and intensity)
 - the interchanging between thresholds during an activity (for example, the onset of blood lactate accumulation/OBLA)
- the effect of the level of fitness, availability of oxygen and food fuels, and enzyme control on energy system used

5. The recovery process

- returning the body to its pre-exercise state
- the oxygen debt / excess post exercise oxygen consumption (EPOC)
- the alactacid and lactacid debt components, including the processes that occur and the duration of each component
- replenishment of myoglobin stores and fuel stores, and the removal of the carbon dioxide
- implications of recovery process to be considered when planning training sessions, for example training intensities, work/relief ratios

4. Curriculum content

6. Principles of training

- specificity, progression, overload (FIT), reversibility, moderation, and variance
- the physiological implications of a warm up and cool down (for example, reduce the delayed onset of muscular soreness – DOMS)
- periodisation of training to include the macro, meso and micro cycle
- awareness of the implications of the principles when applied to the candidate's own training

7. Components of fitness

(a) Aerobic capacity

- definition of aerobic capacity
- awareness of how an athlete's VO_2 max. is affected by individual physiological make up, training, age and sex
- methods of evaluating aerobic capacity (for example, multi stage fitness test, PWC170 test)
- assessment of the candidate's own VO_2 max., matching their result against the aerobic demand of their chosen activity
- types of training used to develop aerobic capacity (continuous running, repetition running, fartlek and interval training)
- use of target heart rates as an intensity guide
- energy system and food/chemical fuels used during aerobic work
- physiological adaptations that take place after aerobic training

(b) Strength

- definition of types of strength to include:
 - strength endurance
 - maximum strength
 - explosive/elastic strength
 - static and dynamic strength
- factors affecting strength, for example fibre type and cross sectional area of the muscle
- methods of evaluating strength, for example grip strength dynamometer
- types of training used to develop strength
- the repetition, sets and resistance guidelines used to improve each type of strength
- use of multi gym, weights, plyometrics and circuit/interval training (work intensity, work duration, relief interval, number of work/relief intervals)
- energy system and food/chemical fuels used during each type of strength training
- physiological adaptations that take place after training, including neural and physiological changes to skeletal muscle.

4. Curriculum content

(c) Flexibility

- definition of flexibility to include static and dynamic flexibility
- factors affecting flexibility, for example, type of joint, length of surrounding connective tissue
- methods of evaluating flexibility, for example sit and reach test, or goniometer
- types of training used to develop flexibility, including
 - static (active and passive)
 - ballistic
 - proprioceptive neuromuscular facilitation (PNF)
 - dynamic stretching
- physiological adaptations that take place after training, to include physiological changes to skeletal muscle and connective tissue

(d) Body composition

- definition, method of evaluation
- global rise in BMI leading to health problems
- percentage of muscle mass and bone density found in highly trained athletes
- methods of improvement

(e) Balance

- definition
- method of evaluation
- static and dynamic dimensions of balance
- methods of improvement

(f) Co-ordination

- definition
- method of evaluation
- method of improvement

(g) Agility

- definition
- method of evaluation
- method of improvement

(h) Reaction time

- definition
- methods of evaluation
- relationship to muscle fibre types
- method of improvement

4. Curriculum content

(i) Speed

- definition
- methods of evaluation
- methods of improvement

8. Erogenic aids

- an awareness of current methods of performance enhancement
- the effects of each aid
- which athletes would benefit from each aid
- nutritional aids:
 - carbohydrate loading
 - pre/post competition meals
 - food/fluid intake during exercise
- use of creatine supplements
- blood doping and recombinant erythropoietin (Rh EPO)
- effects of caffeine
- effects of alcohol
- anabolic steroids (e.g. Nandralone)
- human growth hormone (HGH)

4. Curriculum content

Component 3

Section B: Psychology of Sport Performance

1. Individual aspects of sport performance

(a) Personality

- theories of personality including:
 - trait perspectives (including the characteristics of extroversion/ introversion, neuroticism/stability, Type A/Type B)
 - social learning perspectives
 - interactionist approaches
- justification of the limitations of personality profiling in sport

(b) Attitudes

- the nature of attitudes, inconsistencies and prejudice in sporting situations
- understanding of their origins and influences (including the effects of socialisation)
- identification of the components of attitudes (cognitive, affective, behavioural)
- identification of the links between attitudes and behaviour in sporting situations
- awareness of methods of changing attitudes from negative to positive, including knowledge of:
 - cognitive dissonance
 - persuasive communication

(c) Motivation

- Atkinson and McClelland's theory of achievement motivation (the need to achieve and the need to avoid failure)
- awareness of sport-specific achievement motivation (i.e. competitiveness)

2. Group dynamics of sport performance

(a) Groups and teams

- definition of a group/team (mutual awareness, interaction, common goal)
- knowledge of Steiner's model of group performance
- awareness of problems associated with productivity of a group/team, including:
 - motivational factors (social loafing)
 - co-ordination/co-operation factors (Ringlemann effect)
- knowledge of factors affecting the formation and development of a cohesive group/team

4. Curriculum content

(b) Leadership

- understanding the importance of effective leadership
- characteristics of leaders, including:
 - autocratic/task-oriented
 - democratic/social oriented
 - laissez-faire
- emergent and prescribed leaders
- theories of leadership, including:
 - trait theories
 - social learning theories
 - interactionist theories
- Fiedler's contingency model
- Chelladurai's multi-dimensional model of leadership

3. Mental preparation for sport performance

(a) Commitment

- goal setting
- understand the importance and relevance to sport (related to anxiety management)
- factors affecting the setting of goals ("SMARTER" principle).
- The candidate should set sporting goal(s) and justify the use of short/intermediate/long term goals and process/performance/product goals to improve performance.

(b) Self confidence

- sports confidence (Vealey)
- the concepts of trait sports confidence, competitiveness orientation, state sports confidence
- self efficacy (Bandura) and the influence of:
 - performance accomplishments
 - vicarious experiences
 - verbal persuasion
 - emotional arousal

(c) Concentration

- attentional control
- cue utilisation (Easterbrook) and its links with arousal
- attentional styles e.g. broad/narrow, internal/external (Nideffer)

4. Curriculum content

(d) Emotional control

- definition of activation and arousal
- awareness of their relationship to personality, ability level, and complexity of the task
- peak flow experience and the zone of optimum functioning theory (Hanin)
- definition of anxiety
- the nature and influences of anxiety, including:
 - the trait/state distinction (Spielberger)
 - multi-dimensional theory (cognitive anxiety and somatic anxiety)
 - sports competition anxiety
- anxiety management to improve performance including:
 - cognitive techniques (mental rehearsal/imagery, positive self talk, thought stopping, rational/positive thinking)
 - somatic techniques (progressive muscular relaxation, biofeedback relaxation)

4. Competition effects on sport performance

(a) Social facilitation and audience effects

- knowledge of the positive (facilitation) and negative (inhibition) effects of others (including an audience and co-actors) on performance.
- awareness of the links with levels of arousal, and the heightening of the dominant response (Zagonc)
- the causes and effects of evaluation apprehension (Cottrell)
- awareness of the distraction effect
- awareness of the Homefield Advantage Phenomenon
- the use of strategies to combat the effects of social inhibition, particularly the use of selective attention and mental rehearsal

(b) Aggression

- the difficulties associated with the definition of aggression as opposed to assertion
- definition of channelled aggression
- causes of aggressive behaviour
- theories of aggression (in sporting situations) including:
 - instinct theories
 - frustration-aggression hypothesis
 - aggressive-cue hypothesis (Berkowitz)
 - social learning theories
- methods of eliminating aggressive tendencies of performers

4. Curriculum content

5. Consequences of sport performance

(a) Attribution theory

- reasons for success and failure
- Weiner's model
- the use of attributional retraining
- strategies for the promotion of mastery orientation and the avoidance of learned helplessness

Component 3

Section C: Olympic Games: a global perspective

1. As a social force

- the concept of an international athletic festival to act as a social force
- athletes from all over the world meeting and competing irrespective of colour, race, creed, and political belief
- the promotion of international understanding, and an appreciation of cultural diversity
- concept of a supreme mental and physical challenge
- fair play ideals
- ideals of peace, harmony, and co-operation to transcend political barriers

2. Ancient Olympic Games

- as a blue print for the modern era.
- sporting events as a common feature of life in ancient Greece
- use of Olympia as a site
- held every four years from 776BC for 1,000 years, abolished in 393AD
- format of ancient games, for example, 5 day period, religious ceremony, types of athletics events, (the stade, the establishment of the pentathlon)
- 'wreath or death' mentality
- the place of women in these games

3. Role of the IOC

- mission and role of the IOC in leadership of the Olympic Movement
- organisation, membership and administration of the IOC
- bidding to host the games, for example: controversy caused on methods of selection, criticism of selected host countries (Beijing 2008, human rights in People's Republic of China)

4. Curriculum content

4. Politics

- the concept of open, international competition being corrupted in full view of the global community
- the distortion of Olympic competition into political power
- the deterioration of the Olympic Games being used as a competition between nations to enhance national prestige and political ideologies
- Olympic Games as a preferred platform for political confrontation
- athletes as pawns for their governments
- athletes as targets for terrorists
- cost of security precautions to deter terrorists
- political power determining who can compete
- nationalism as a symbol of the Olympic Games, not peace and co-operation
- examples, such as Hitler's 1936 Olympiad in Berlin – the master race ethic
- the contribution of Jesse Owens
- examples, such as political statements made by athletes in Mexico 1968
- examples such as apartheid and terrorism in Munich 1972
- examples such as, power politics as seen in the form of boycotts, Montreal 1976, Moscow 1980, Los Angeles 1984
- accelerated rebuilding of Beijing, movement of people from urban areas into cities; globalisation causing industrialisation of their economy; use of foreign exchange reserves for funding
- positive legacy of the games – impact on regeneration in host countries

5. Comparison of methods of nurturing talent in the pursuit of global excellence

- a comparison of the pursuit of excellence, therefore gold medals, in countries such as United States of America and People's Republic of China
- a comparison of:
 - elitist and personal achievement ethics
 - win at all costs ethic
 - status and funding of high level sport
 - policies and methods used to achieve gold medals
 - professionalism and behaviour

4. Curriculum content

6. Economics and commercialism

- costs of hosting the games
- provision of facilities, transport systems, housing
- use of cheap labour
- costs of hosting an even more expensive event than the previous one
- demands of IOC
- the spiral of extravagance
- sources of funding, e.g. sponsorship, donations from private corporations, government subsidies, sale of television rights
- costs to local people, e.g. Beijing relocation of 300,000 people
- cost of competing to the athlete, for example:
 - training, living expenses, travel
 - loss of income
- sponsorship, grants, bursaries
- benefits to competing athletes, for example:
 - high income
 - public appearances
 - media spotlight
- financial benefits of hosting the games:
 - revenue from operating facilities as training sites
 - profitability to television networks
- attraction of mass audiences

7. Amateurism

- traditional definition of amateurism in the Olympic Games
- definition as a tool for excluding the working class in sports events organised for the upper class
- definition as a noble concept
- transition to professionalism
- 'broken time' payment
- lack of policy from the IOC
- abuse of the amateur ideal
- necessity for full time pursuit to achieve Olympic success

4. Curriculum content

8. Dysfunctional aspects

- Olympic Oath 2000
- win at all costs ethic
- rumours of widespread use of drugs
- risk taking, and 'paying the price'
- testing as a deterrent
- example: 'Big Drug Bust', Soeul 1988
- examples: Sydney Olympics 2000 and Salt Lake City Winter Olympics 2002

9. Discrimination

- the changing role of women throughout the Olympic Games
- expansion of events which now cater for all races
- introduction and importance of the Paralympics
 - the staging of the first Paralympics
 - why and how this movement gained impetus
 - the relevance of WWII
 - Sir Ludwig Guttman
 - the significance of Soeul

10. Spectacular aspect

- expanding horizon
- pushing the achievements of the body in sport to the limits of endurance
- intensity of competition
- spiritual aspect: bravery of competition

11. The Future

N.B. These are notes for teachers, to give guidance on areas for discussion leading to some reformative style questioning in the examination.

- Should the Olympic Games be reformed?
- athletes' experiences, rather than outcomes, becoming the major emphasis
- medal counts and national prestige are major concerns for reform
- revision of opening ceremonies and medal ceremonies to reflect achievements of athletes
- place of national uniforms, flags, anthems and medal counts
- dropping of 'wealth sports'
- revision of team sports
- revision of the Olympic Motto (Citius, Altius, Fortius) to emphasise participation and the commitment to fair play
- use of multiple sites rather than one host nation
- the removal of politics from the Olympic Arena
- solutions/recommendations related to performance enhancement

5. Coursework

The assessment criteria for all the practical activities at both AS and A2 can be found in the *A/AS Level Physical Education Coursework Guidance Booklet* which Centres must have access to. The *Coursework Guidance Booklet* also contains the assessment criteria to assess:

- the written Action Plan for the AS Coursework component
- the Evaluation and Appreciation of Performance for the A2 Coursework component.

The activities within the Coursework place candidates in physically demanding situations. Centres should ensure that candidates are medically capable of coping with this. Where there is any doubt, then medical advice should be sought.

Advanced Subsidiary (AS) – component 2

Candidates are assessed on:

- their performance and its improvement in **two** chosen activities, from two different activity categories listed below (20% of total marks)
- their ability to produce an action plan on **one** of their chosen activities (10% of total marks)

Advanced Level (A2) – component 4

Candidates are assessed on:

- their effective performance in **two** chosen activities, from two different activity categories listed below (20% of total marks)
- their ability to evaluate and appreciate performance through observation and synopsis of knowledge on **one** of their chosen activities (10% of total marks)

Activity categories

The list below shows the activities available for assessment for AS Coursework (component 2) and A2 Coursework (component 4).

Centres should arrange practical activities to suit the particular abilities and interests of candidates, their own facilities, staff expertise and time available.

5. Coursework

Activity categories		Sports included
1	Athletic activities	Cross country running (Cc), Track and field athletics (Ath), Track cycling (Tc) , Triathlon (Tri)
2	Fitness activities	Weight training AS (Wt), Olympic weight lifting A2 (OWL)
3	Combat activities	Judo (Ju), Karate (Ka)
4	Dance	Various styles (Da)
5	Invasion games	Association Football (AF), Basketball (Bas), Field hockey (Ho), Goalball (Goa), Handball (Ha), In-line hockey (ILH), Lacrosse (La), Netball (Ne), Rugby League (RL), Rugby Union (RU), Water polo (Wp)
6	Net/wall games	Badminton (Bad), Squash (Sq), Table Tennis (TT), Tennis (Te), Volleyball (Vo)
7	Striking/fielding games	Baseball (Bb), Cricket (Cri), Rounders (Ro), Softball (So)
8	Target activities	Archery (Ar), Flat green bowling (Bo), Golf (Go)
9	Gymnastic activities	Gymnastics (AG), Individual ice (figure) skating (FS), Rhythmic gymnastics (RG), Trampolining (Tr)
10	Outdoor and adventurous activities	Canoeing (Ca), Horse riding (dressage/cross-country/show jumping/ three-day eventing) (HR), Mountain biking (MB), Mountain/hill walking with campcraft or hostelling (Hw), Orienteering (Or), Rock climbing (Rc), Rowing and sculling (Row), Sailing (Sa), Skiing (Sk), Snowboarding (Sb), Windsurfing (Ws)
11	Swimming	Competitive swimming (Sw), Life saving (LS), Personal survival (PS)

Performance and its improvement (AS)

The candidate should be aware of the correct techniques, methods and rules appropriate to his/her **two** chosen activities. He/she should be able to identify his/her strengths, and areas for improvement and carry out a 10 week action plan for improvement on **one** of his/her chosen activities. This action plan should be recorded and not exceed 20 sides of A4.

Effective performance (A2)

Candidates should be able to select, apply and perform skills in his/her **two** chosen activities. This effective performance will be assessed against criteria identified for each activity. The candidate's oral response to the observation of a live performance in **one** of their chosen activities is assessed.

5. Coursework

Moderation

For both AS and A2, Coursework is marked by the teacher and internally standardised by the Centre. It is then submitted to CIE for external moderation.

The purpose of moderation is to ensure that the standard for the award of marks in Coursework is the same for each Centre, and that each teacher has applied the standard appropriately across the range of candidates within the Centre.

- Final marks for each activity and for the action plan (AS Level) should be entered on separate assessment sheets. The candidate's names should be entered on these sheets in **rank order**.
- Marks and codes for both the assessed practical activities and action plan (AS Level) and for the evaluation and appreciation of performance (A2) should then be entered onto the **final** practical activity assessment form. Candidates' names should be entered in **candidate number order**.
- Centres will be expected to provide recorded evidence of performance of a sample of five candidates from across the ability range in each of the practical activities offered by the Centre. If there are fewer than five candidates in any activity, then the video evidence of all candidates should be submitted.
- Final marks are submitted at the end of the AS level course to represent candidates' performance and its improvement in two activities, and their action plan on one of these activities.
- Final marks are submitted at the end of the A2 level course to represent candidates' effective performance in two activities, and evidence of their evaluation and appreciation of performance in one of their chosen activities.

After internal moderation, the following must be submitted to CIE for external moderation:

- Coursework mark sheets
- video/DVD recorded evidence of candidate's performance in practical activities
- evidence of the candidate's action plan (AS Level only)
- video/DVD evidence of the evaluation and appreciation of performance (A2 Level only)

Marks should be received by CIE by mid-October for the November examination.

5. Coursework

Guidance on the requirements for video evidence of Coursework

Video evidence should ideally be submitted on DVD format that can be viewed in the UK.

Each activity should be between 5 and 10 minutes duration.

The video/DVD for indoor activities should be shot in good light.

All candidates should be identified by large numbered bibs or card numbers, pinned on their back and front. (The use of white-on-yellow bibs should be avoided, as the numbers are difficult to read on a television screen.)

The number worn by the candidate on the video/DVD recording should be entered alongside the candidate number on the Practical Activity Assessment Form.

A running commentary, constantly identifying candidates, is very helpful to the Moderator. Captions are also helpful, but not essential.

Accompanying notes are useful, especially those giving the running order of the video/DVD. An accurate description of how well candidates are performing should be given, because the marks of unseen candidates will be affected. If a candidate is off form, the reasons should be stated.

The following documentation should be sent with the video/DVD:

AS

- MS1
- Final Practical Activity Assessment Form
- Individual Activity Assessment forms for each activity
- Written action plans for improvement for the sample of candidates

A2

- MS1
- Final Practical Activity Assessment Form
- Individual Activity Assessment forms for each activity
- Video/DVD evidence of the evaluation and appreciation of performance for the sample of candidates

These must reach CIE by mid-October for the November examination.

There should be no need to submit more than one 3 hour video/DVD.

6. Resources list

Magazines/periodicals

Centres are advised to stock a selection of magazines/periodicals related to the sport activities in the practical options.

Coursework Guidelines booklet

There is a Coursework Guidelines booklet to accompany the syllabus, giving details of assessment of practical activities.

Books

1. General Advanced level text books

The following books contain information for candidates and teachers on most aspects of the course.

Author	Title	Date	Publisher
P. Beashel & J. Taylor	<i>Advanced Studies in Physical Education and Sport</i>	1996	Nelson
D. Bonney, J. Ireland, C. Miller, K. Mackreth & S. Van Wely	<i>Advanced PE for OCR A2</i>	2004	Heinemann
D. Carnell, J. Ireland, C. Jones, K. Mackreth & S. Van Wely	<i>Advanced PE for OCR AS</i>	2002	Heinemann
R.J. Davis, C.R. Bull, J.V. Ruscoe & D.A. Ruscoe	<i>Physical Education and the Study of Sport</i>	1997	Mosby
F. Galligan, C. Maskery, J. Spence, D. Howe, T. Barry, A. Ruston & D. Crawford	<i>Advanced PE for EdExcel (including Olympic Games)</i>	2000	Heinemann
J.W. Honeybourne, M. Hill & H. Moors	<i>Advanced Physical Education and Sport</i>	1996	Stanley Thornes
K. Wesson, N. Wiggins, G. Thompson & S. Hartigan	<i>Sport and PE: A Complete Guide To Advanced Level Study</i>	1998	Hodder & Stoughton

In addition, revision books are available in some of the above titles.

6. Resources list

2. Applied anatomy and physiology

The following books contain reference material suitable for teachers.
Books marked with an asterisk (*) are also suitable for candidates.

Author	Title	Date	Publisher
M. Cash	<i>Pocket Atlas of the Moving Body*</i>	1999	Ebury
M. Farrally	<i>An Introduction to the Structure of the Body</i>	2003	Coachwise UK
C. Clegg	<i>Muscles and Bones in Action*</i>	2005	Feltham Press
F. Carpenter & P. Ledger	<i>Physiology and Performance</i>	1986	National Coaching Foundation
E. Marieb	<i>Human Anatomy and Physiology</i>	1999	Addison Wesley
R. Seeley, T. Stephens & P. Tate	<i>Anatomy and Physiology</i>	2007	McGraw Hill
C. Thompson	<i>Manual of Structural Kinesiology</i>	1989	Mosby

3. Acquiring, developing and performing movement skills

The following books contain reference material suitable for teachers.
Books marked with an asterisk (*) are also suitable for candidates.

Author	Title	Date	Publisher
J. Honeybourne	<i>Acquiring Skill in Sport*</i>	2006	Routledge
T. McMorris	<i>Acquisition and Performance of Sports Skills</i>	2004	Wiley
R. Magill	<i>Motor Learning, Concepts and Application</i>	2004	McGraw Hill
B. Sharp	<i>Acquiring Skill in Sport*</i>	1992	Sports Dynamics
M. Williams & N. Hodges	<i>Skill Acquisition in Sport</i>	2004	Routledge

6. Resources list

4. Contemporary studies in physical education and sport

The following books contain reference material suitable for teachers.

Author	Title	Date	Publisher
E. Cashmore	<i>Making Sense of Sport</i>	1997	Routledge
E. Cashmore	<i>Sports Culture: An A-Z Guide</i>	1997	Routledge
J.J. Coakley	<i>Sport in Society: Issues and Controversies</i>	1998	Mosby
Thorp	<i>Sport Matters</i> ISBN: 9781872365947		Carel Press

5. Exercise and sport physiology

The following books contain reference material suitable for teachers.

The book marked with an asterisk (*) is also suitable for candidates.

Author	Title	Date	Publisher
C. Clegg	<i>Exercise Physiology and Functional Anatomy*</i>	1995	Feltham Press
W. McArdle , F. Katch & V. Katch	<i>Essentials of Exercise Physiology</i>	2005	Lippincott Williams and Wilkins
J. Wilmore & D. Costill	<i>Physiology of Sport and Exercise</i>	2004	Human Kinetics

6. Psychology of sport performance

The following books contain reference material suitable for teachers.

Books marked with an asterisk (*) are also suitable for candidates.

Author	Title	Date	Publisher
R. Cox	<i>Sport Psychology: Concepts and Applications</i>	2002	McGraw Hill
D. Gill	<i>Psychological Dynamics of Sport and Exercise (2nd edition)</i>	2000	Human Kinetics
M. Jarvis	<i>Sport Psychology: A student's handbook*</i>	2006	Routledge
S. Webster	<i>AS/A2 Psychology Guide*</i>	2002	Jan Roscoe Publications

6. Resources list

7. Olympic Games: a global perspective

The following books contain reference material suitable for teachers.

The book marked with an asterisk (*) is also suitable for candidates.

Author	Title	Date	Publisher
J. Coakley	<i>Sports in Society: Issues and Controversies</i>	1998	McGraw Hill
S. Daniels & A. Teddler	<i>A Proper Spectacle: Women Olympians</i>	2000	ZeNaNa Press
V. Girginov & J. Parry	<i>The Olympic Games Explained*</i>	2005	Routledge
R.A. Mechikoff	<i>A History and Philosophy of Sport and PE</i>	2005	McGraw Hill Education
A. Senn	<i>Power, Politics and the Olympic Games</i>	1999	Human Kinetics

CD ROMs, DVDs and charts

Mace *Switch on to Skill in Sport* (CD ROM) ISBN 9780953545797

Fisher *The Olympic Games* (CD ROM) ISBN 9781901424508

Many charts, DVDs and CD ROMs on applied anatomy and physiology are also available.

7. Activity categories and codes

Activity category	Activity	Activity codes
Athletic activities	Cross country running	Cc
	Track and field activities	Ath
	Track cycling	TC
	Triathlon	Tri
Fitness activities	Weight training (AS)	Wt
	Olympic weight lifting (A2)	OWL
Combat activities	Judo	Ju
	Karate	Ka
Dance activities	Various styles	Da
Invasion games	Association Football	AF
	Basketball	Bas
	Field hockey	Ho
	Goalball	Goa
	Handball	Ha
	In-line hockey	ILH
	Lacrosse	La
	Netball	Ne
	Rugby League	RL
	Rugby Union	RU
	Water polo	Wp
	Net/wall games	Badminton
Squash		Sq
Table tennis		TT
Tennis		Te
Volleyball		Vo

7. Activity categories and codes

Activity category	Activity	Activity codes
Striking/fielding games	Baseball	Bb
	Cricket	Cri
	Rounders	Ro
	Softball	So
Target activities	Archery	Ar
	Flat green bowling	Bo
	Golf	Go
Gymnastic activities	Gymnastics	AG
	Individual ice (figure) skating	FS
	Rhythmic gymnastics	RG
	Trampolining	Tr
Outdoor/adventurous	Canoeing	Ca
	Horse riding (dressage/cross-country/ show jumping/three-day eventing)	HR
	Mountain biking	MB
	Mountain/hill walking with campcraft or hostelling	Hw
	Orienteering	Or
	Rock climbing	Rc
	Rowing and sculling	Row
	Sailing	Sa
	Skiing	Sk
	Snowboarding	Sb
	Windsurfing	Ws
Swimming activities	Competitive swimming	Sw
	Life saving	LS
	Personal survival	PS

8. Assessment forms

Following are:

- AS Level Practical Activity Assessment Form (9396) Component 2
- AS Level Action Plan Form (9396) Component 2
- AS Level Final Practical Activity Assessment Form (9396) Component 2
- A Level Practical Activity Assessment Form (9396) Component 4
- A Level Final Practical Activity Assessment Form (9396) Component

PHYSICAL EDUCATION
GCE Advanced Subsidiary Level

Practical Activity Assessment Form (9396) Component 2

Centre Number		Centre Name	
Activity			

Complete the boxes above. Then below list the candidates in descending mark order with their marks. Complete a separate sheet for each activity, photocopied as required. Please sign and date the form. Where appropriate, please indicate the candidate's events e.g. in athletics.

Video/ DVD ID	Candidate Number	Candidate Name	Events	Conditioned Competitive Situation /30
Name of Teacher completing this form				

Signature		Date	
-----------	--	------	--



PHYSICAL EDUCATION
Advanced Subsidiary GCE Level

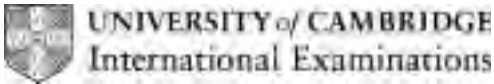
Action Plan (9396) Component 2

Centre Number		Centre Name	
---------------	--	-------------	--

Complete the boxes above. Then below list the candidates in descending mark order with their marks.
 Please sign and date the form.

Candidate Number	Candidate Name	Action Plan Total / 30
Name of Teacher completing this form		

Signature		Date	
-----------	--	------	--



PHYSICAL EDUCATION GCE Advanced Subsidiary Level

Final Practical Activity Assessment Form (9396) Component 2

Centre Number		Centre Name	
---------------	--	-------------	--

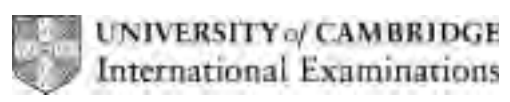
Complete the boxes above. Then list the candidates in candidate number order with their marks. Please sign and date the form.

Candidate Number	Candidate Name	Activity One		Activity Two		Action Plan	Total /90
		Activity Code*	Mark /30	Activity Code*	Mark /30	Mark /30	

*Enter the relevant Activity Code (e.g. Ath, AF, Bad etc.)

Name of Teacher completing this form	
--------------------------------------	--

Signature		Date	
-----------	--	------	--



PHYSICAL EDUCATION GCE Advanced Level

Practical Activity Assessment Form (9396) Component 4

Centre Number		Centre Name	
Activity			

Complete the boxes above. Then below list the candidates in descending mark order with their marks. Complete a separate sheet for each activity, photocopied as required. Please sign and date the form. Where appropriate, please indicate the candidate's events, e.g. in athletics.

Video/ DVD ID	Candidate Number	Candidate Name	Events	Effective Performance /30
Name of Teacher completing this form				
Signature			Date	



**PHYSICAL EDUCATION
GCE Advanced Level**

Final Practical Activity Assessment Form (9396) Component 4

Marks and codes for assessed practical activities and analysis and comment should be entered onto the Final Practical Activity Assessment Form and despatched to CIE, together with video/DVD evidence, written action plans, copies of individual activity sheets and 2 copies of the MS1 by mid-October. Centres should keep a copy of the final Coursework marks.

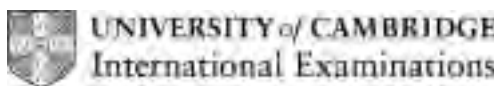
Centre Number		Centre Name	
---------------	--	-------------	--

Complete the boxes above, list the candidates in candidate number order with their marks and sign and date the form.

Candidate Number	Candidate Name	Activity One		Activity Two		Evaluation & Appreciation	
		Activity Code*	Mark out of 30	Activity Code*	Mark /30	Mark /30	Total /90

*Enter the relevant Activity Code (e.g. Ath, AF, Bad etc.).

Name of Teacher completing this form			
Signature		Date	



University of Cambridge International Examinations
1 Hills Road, Cambridge, CB1 2EU, United Kingdom
Tel: +44 (0)1223 553554 Fax: +44 (0)1223 553558
Email: international@cie.org.uk Website: www.cie.org.uk

© University of Cambridge International Examinations 2008