

# Pearson Edexcel GCSE

May–June 2022 Assessment Window

Syllabus  
reference

**3PE0**

## Physical Education (Short Course) Advance Information Version 2

You are not permitted to take this notice into the examination.  
This document is valid if downloaded from the [Pearson Qualifications website](https://www.pearsonqualifications.co.uk).

### Instructions

- Please ensure that you have read this notice before the examination.

### Information

- This notice covers all examined components.
- This notice covers Component 01.
- This notice does **not** cover non-examined assessment (NEA) components.
- This notice does **not** apply to low tariff questions.
- The format/structure of the assessments remains unchanged.
- This advance information notice details the focus of the content of the exams in the May–June assessments.
- There are no restrictions on who can use this notice.
- This notice is meant to help students to focus their revision time.
- Students and teachers can discuss the advance information.
- This document has 5 pages.

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## General advice

- In addition to covering the content outlined in the advance information, students and teachers should consider how to:
  - manage their revision of parts of the specification that may be assessed in areas not covered by the advance notice
  - manage their revision of other parts of the specification that may provide knowledge which helps with understanding the areas being tested in 2022.
- For specifications with synoptic assessments, topics not explicitly given in the advance information may appear (e.g. questions where students are asked to bring together knowledge, skills and understanding from across the specification).
- For specifications with optional papers/topics/content, students should only refer to the advance information for their intended options.
- For specifications with NEA, advance information does not cover any NEA components.

A link to the Joint Council for Qualifications guidance document on advance information can be found on the Joint Council for Qualifications website or [here](#).

## **Advance Information**

### **Subject specific section**

- This advance information document details the major focus of the content of the exams in the 2022 assessments in the GCSE Physical Education short course.
- The information is presented in specification order and not in question order.

## Component 1: Theory

The following table summarises the subject content focus for the higher tariff questions in the May–June 2022 examination paper.

**NB.** Topics **not** included on the list **may** appear in questions with a lower tariff.

**NB.** Most topics are hierarchical, requiring underpinning knowledge from other topics, e.g., when answering questions on Topic 1.1.9 candidates will need to use knowledge acquired in Topic 1.1.5, (movement possibilities at joints), similarly with Topics 3.1.7 (impacts of lifestyle choices) and 3.1.6 (lifestyle choices).

<b>Topic 1: Applied anatomy and physiology</b>	<b>1.1 The structure and functions of the musculo- skeletal system</b>	1.1.4	Classification of joints: pivot (neck – atlas and axis), hinge (elbow, knee and ankle), ball and socket (hip and shoulder), condyloid (wrist), and their impact on the range of possible movements.
		1.1.6	The role of ligaments and tendons, and their relevance to participation in physical activity and sport.
		1.1.7	Classification and characteristics of muscle types: voluntary muscles of the skeletal system, involuntary muscles in blood vessels, cardiac muscle forming the heart, and their roles when participating in physical activity and sport.
		1.1.8	Location and role of the voluntary muscular system to work with the skeleton to bring about specific movement during physical activity and sport, and the specific function of each muscle (deltoid, biceps, triceps, pectoralis major, latissimus dorsi, external obliques, hip flexors, gluteus maximus, quadriceps, hamstrings, gastrocnemius and tibialis anterior).
	1.1.9	Antagonistic pairs of muscles (agonist and antagonist) to create opposing movement at joints to allow physical activities (e.g. gastrocnemius and tibialis anterior acting at the ankle-plantar flexion to dorsi flexion; and quadriceps and hamstrings acting at the knee, biceps and triceps acting at the elbow, and hip flexors and gluteus maximus acting at the hip – all flexion to extension).	
	<b>1.2 The structure and functions of the cardio- respiratory system</b>	1.2.1	Functions of the cardiovascular system applied to performance in physical activities: transport of oxygen, carbon dioxide and nutrients, clotting of open wounds, regulation of body temperature.

	<b>1.3 Anaerobic and aerobic exercise</b>	1.3.1 Energy: the use of glucose and oxygen to release energy aerobically with the production of carbon dioxide and water, the impact of insufficient oxygen on energy release, the by-product of anaerobic respiration (lactic acid).
	<b>1.4 The short- and long-term effects of exercise</b>	1.4.1 Short-term effects of physical activity and sport on lactate accumulation, muscle fatigue, and the relevance of this to the player/performer.
		1.4.2 Short-term effects of physical activity and sport on heart rate, stroke volume and cardiac output, and the importance of this to the player/performer.
		1.4.3 Short-term effects of physical activity and sport on depth and rate of breathing, and the importance of this to the player/performer.
		1.4.4 How the respiratory and cardiovascular systems work together to allow participation in, and recovery from, physical activity and sport: oxygen intake into lungs, transfer to blood and transport to muscles, and removal of carbon dioxide.
<b>Topic 3: Health, fitness and wellbeing</b>	<b>3.1 Physical, emotional and social health, fitness and wellbeing</b>	3.1.6 Lifestyle choices in relation to: diet, activity level, work/rest/sleep balance, and recreational drugs (alcohol, nicotine).
		3.1.7 Positive and negative impact of lifestyle choices on health, fitness and wellbeing, e.g. the negative effects of smoking (bronchitis, lung cancer).
	<b>3.3 Energy use, diet, nutrition and hydration</b>	3.3.1 The nutritional requirements and ratio of nutrients for a balanced diet to maintain a healthy lifestyle and optimise specific performances in physical activity and sport.
		3.3.2 The role and importance of macronutrients (carbohydrates, proteins and fats) for performers/players in physical activities and sports, carbohydrate loading for endurance athletes, and timing of protein intake for power athletes.
		3.3.4 The factors affecting optimum weight: sex, height, bone structure and muscle girth.
	3.3.5 The variation in optimum weight according to roles in specific physical activities and sports.	
<b>Topic 4 Use of data</b>	<b>4.1 Use of data</b>	4.1.4 Interpret data accurately.

**END OF ADVANCE INFORMATION**