



**GCSE**  
**PHYSICAL EDUCATION (FC)**  
**C550QS**  
**Summer 2022 examinations**

Component 1	Introduction to Physical Education	Tuesday, 24 May 2022
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# **Advance Information**

## **General information for students and teachers**

This advance information provides the focus of the content of the Summer 2022 examination paper.

It does not apply to any other examination series.

It is intended to support revision.

It may be used at any time from the date of release.

It must not be taken into the examination.

# Subject information for students and teachers

A guidance document on advance information has been produced by The Joint Council for Qualifications (JCQ) on behalf of all awarding organisations. It can be found [here](#).

This advance information covers Component 1 only. There is no advance information for Component 2 (NEA). The information is provided in specification order and not in question order. The format/structure of the paper remains unchanged.

It is advised that teaching and learning should still cover the entire subject content in the specification. It is important that students cover the curriculum as fully as possible, so that they are well prepared for progression to the next stage of their education.

The following areas of content are suggested as key areas of focus for revision and final preparation. These areas will be largely, although not exclusively, tested through higher tariff questions (4 marks and above). Other subject content not listed in the advance information will be covered in the remaining questions.

Students can be credited for using any relevant knowledge from other topic areas when answering questions. Also, they will be expected to draw on knowledge, skills and understanding from across the specification when responding to synoptic questions.

## Component 1

### 1. Health, training and exercise

- Health, fitness and well-being
- Components of fitness
- Diet and nutrition – energy balance equations
- Measuring health and fitness
- Methods of training
- Principles of training and exercise
- Warm up and cool down

### 2. Exercise physiology

- Muscular-skeletal system – bones and muscle fibre types
- Short-term effects of exercise

### 3. Movement analysis

- Muscle contractions
  - Isotonic muscular contractions
  - Antagonistic muscle action

#### **4. Psychology of sport and physical activity**

- Motivation
- Guidance
- Classification of skills
- Types of practice

#### **5. Socio-cultural issues in physical activity and sport**

- Performance
  - Commercialisation of sport, including the role of the media and ethical issues

End of advance information