

GCSE PE Edexcel Exam Topics

Component 1 Overview – Fitness and Body Systems (1 Hours 45 Minutes)

- Applied Anatomy and Physiology
- Movement Analysis
- Physical training

Sub Topics to be considered:

- Muscular-skeletal System
- Joints and movements
- Antagonistic Pairs of muscles
- Fast and slow twitch muscles fibres
- Principles of Training
- Par-Q
- Fitness Testing
- Methods of Training
- Structure and Function of the CV system
- Respiratory System
- Lever Systems
- Mechanical Advantage
- Planes and Axis of Movement

Component 2 – Health and Performance (1 Hour 15 Minutes)

- Health Fitness and Well-being
- Sport Psychology
- Socio-cultural factors

Sub Topics to be considered:

- Physical, social and emotional health
- Sedentary Lifestyles
- Lifestyle Choices
- Diet
- Classification of Skills
- Types of Guidance
- Goal Setting