**A Level Physical Education**

You have chosen one of the best subjects in the world to study!

The school offers A level Physical Education as a two year course. The exam board is AQA.

Here is your first task – Task 1:

Using this link below find the specification on the AQA website and pages 19 through to the end of page 22.

This is the section of the course I will teach and help you through!

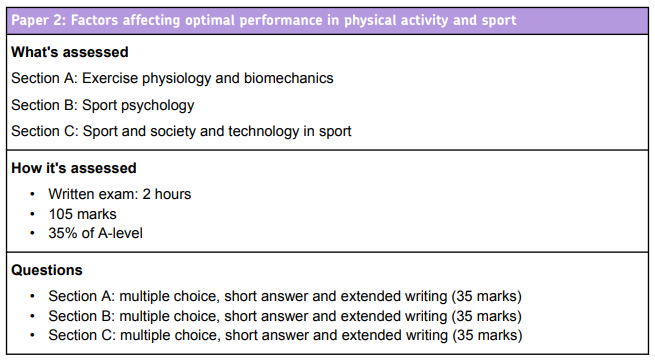
It is called:

**3.2 Factors affecting optimal performance in physical activity and sport - 3.2.1 Exercise physiology**

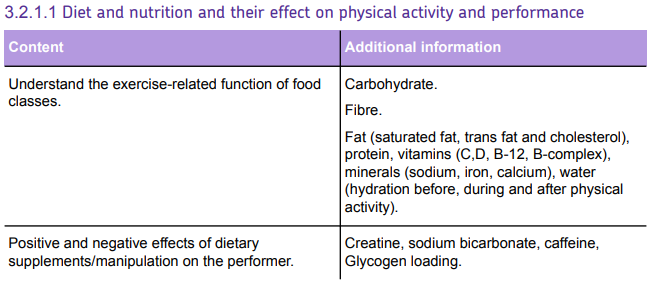
[**AQA A level PE Specification**](https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF)

**(Save this if you can and use it as a knowledge checker)**

You will have now gathered that this part of the course is exam based:



The first section we will study in September is:



We will go through each of the areas in lessons but there is some prep activities that you will need to do to ensure we lose no time at the start of the course.

Task 2

A balanced diet is essential for optimum performance.

When we say ‘balanced’ we mean:

Sufficient / enough / correct amount of each component

A diet must match energy requirements from training and competition. There are **seven classifications of food** that should all be present in a balanced diet.

This is a research task and I want you to find out what the seven classifications of food are and give an example for each one.

Task 3

Now we know the classifications of the seven types I want you do dig a little deeper.

Create a fact sheet for carbohydrates – It must show the two different types of carbohydrates with examples in each category.

Task 4

Now I want you read the articles linked below and make notes on each one:

Article 1: [Runners World - Diet](https://www.runnersworld.com/uk/nutrition/a763208/best-healthy-eating-plan-preview/)

Article 2: [BBC Good Food - What Sport Stars Eat](https://www.bbcgoodfood.com/howto/guide/eat-athlete-hub)

**Well done you a ready for the first lesson in September**