Knowledge Organiser

Paper 2: Factors affecting optimal performance in physical activity and sport





Sport and society and the ro	le of technology in physical activity and spor sport	t: Concepts o	f physical activ	ity and
Content	What you need to know	Confident	Developing	Unsure
The characteristics and	Physical recreation	, , , , , ,		
functions of key concepts and	Sport.			
how they create the base of	Physical education. School sport			
the sporting development	,			
continuum				
The similarities and the di	fferences between these key concepts			
Sport and society and the role	of technology in physical activity and sport: sport	Developmen	t of elite perfo	rmers in
Content	What you need to know	Confident	Developing	Unsure
The factors required to suppo	rt progression from talent identification to			
elite performance				
The generic roles, purpose				
and the relationship between	National Governing Bodies.			
organisations in providing	National Institutes of Sport			
support and progression from	UK Sport			
talent identification through	·			
to elite performance				
The support services provided	by National Institutes of Sports for talent			
	development.			
The key features of UK Sport's				
World Class Performance				
Programme, Gold Event				
Series and Talent	Or equivalent current named programmes			
Identification and				
Development				
Sport and society a	nd the role of technology in physical activity	and sport: Et	thics in sport	
Content	What you need to know	Confident	Developing	Unsure
Understanding of the key	Amateurism, the Olympic Oath,			
terms relating to ethics in	sportsmanship, gamesmanship, win ethic			
sport				
Positive and negative forms	of deviance in relation to the performer			
Sport and society an	d the role of technology in physical activity a	and sport: Vio	lence in sport	
Content	What you need to know	Confident	Developing	Unsure
The causes and implications	Performer Spectator Sport			
of violence in sport				
Strategies for preventing vio	plence within sport to the performer and			
	spectator			
•	nd the role of technology in physical activity	i -	<u> </u>	
Content	What you need to know	Confident	Developing	Unsure
	easons behind elite performers using illegal			
	methods to aid performance			
The physiological effects of	Erythropoietin (EPO). Anabolic steroids.			
drugs on the performer and	Beta blockers			
their performance				

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The positive and negative	Physiological adaptations. Social and					
implications to the sport and	psychological rewards (for the sport and					
the performer of drug taking	the performer). Negative impact on					
	current and future health. Social and					
	psychological repercussions (for the sport					
	and the performer).					
	f performance enhancing drugs in sport					
	against drug taking and testing.					
Sport and society and	d the role of technology in physical activity a	nd sport: Spo	rt and the law			
Content	What you need to know	Confident	Developing	Unsure		
	Performers (contracts, injury, loss of					
	earnings).					
The uses of sports legislation	Officials (negligence)					
	Coaches (duty of care)					
	Spectators (safety, hooliganism).					
Sport and society and the ro	ole of technology in physical activity and spor	rt: Impact of	commercialisat	ion on		
physical activ	rity and sport and the relationship between s	port and the	media			
Content	What you need to know	Confident	Developing	Unsure		
	Performer					
The positive and negative	Coach					
impact of commercialisation,	Official					
sponsorship and the media	Audience					
	Sport					
Sport and society and the rol	e of technology in physical activity and sport	: The role of	technology in p	hysical		
activity and sport. The fole of teelmology in physical activity and sport.						
	activity and sport					
Content	What you need to know	Confident	Developing	Unsure		
Content		Confident	Developing	Unsure		
Content	What you need to know	Confident	Developing	Unsure		
Content	What you need to know Use of technology in data collection	Confident	Developing	Unsure		
Content	What you need to know Use of technology in data collection (quantitative and qualitative, objective	Confident	Developing	Unsure		
Content Understanding of technology	What you need to know Use of technology in data collection (quantitative and qualitative, objective and subjective, validity and reliability of	Confident	Developing	Unsure		
	What you need to know Use of technology in data collection (quantitative and qualitative, objective and subjective, validity and reliability of data).	Confident	Developing	Unsure		
Understanding of technology	What you need to know Use of technology in data collection (quantitative and qualitative, objective and subjective, validity and reliability of data). Video and analysis programmes.	Confident	Developing	Unsure		
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Understanding of technology for sports analytics	What you need to know Use of technology in data collection (quantitative and qualitative, objective and subjective, validity and reliability of data). Video and analysis programmes. Testing and recording equipment (metabolic cart for indirect calorimetry). Use of GPS and motion tracking software and hardware. Maintaining data integrity Monitor fitness for performance/Skill and technique development/Injury	Confident	Developing	Unsure		
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