

## Y11 Formal Mock Exam /Assessment

Year Group:	11
Subject:	Sport Science
Tier (if applicable):	

### Details of mock exam

Paper to be sat:	
Topics to be covered in the mock:	<p><b>1.1 Extrinsic Risk Factors</b></p> <p><b>1.1.2 Types of sports activities</b></p> <p>How different sporting activities can influence types of injury.</p> <p><b>1.1.2 Coaching / Instructing / Leadership</b></p> <ul style="list-style-type: none"> <li>Knowledge</li> <li>Experience</li> <li>Communication</li> <li>Supervision</li> <li>Ethical standards / behaviour</li> </ul> <p><b>1.1.3 Environment</b></p> <ul style="list-style-type: none"> <li>Weather / temperature conditions</li> <li>Playing surface (natural and artificial) and surrounding area</li> <li>Human interaction (other performers / participants, officials and spectators)</li> </ul> <p><b>1.1.4 Equipment</b></p> <ul style="list-style-type: none"> <li>Performance</li> <li>Protective</li> <li>Clothing</li> <li>Footwear</li> </ul> <p><b>1.2 Intrinsic factors</b></p> <p><b>1.2.1 Individual variables:</b></p> <ul style="list-style-type: none"> <li>Gender</li> <li>Age</li> <li>Experience</li> <li>Weight</li> <li>Fitness levels</li> <li>Technique/ability</li> <li>Nutrition/hydration</li> <li>Medical conditions</li> <li>Sleep</li> <li>Previous/recurring injuries</li> </ul>

	<p><b>1.2.2 Psychological factors, overview of:</b>  Motivation  Arousal  Anxiety/stress  Confidence  Aggression Direct  Channelled</p> <p><b>1.2.3 Reasons for aggression:</b>  Level of performance  Retaliation  Pressures to win (performer/coach/spectators)  Decisions of officials  Performance enhancing drugs</p> <p><b>1.2.4 Mental strategies:</b>  Mental rehearsal  Imagery  Selective attention</p>
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#### Materials to support your revision

Link to Online Resources:	<p><a href="https://www.youtube.com/watch?v=YZv8yJrlZ68">https://www.youtube.com/watch?v=YZv8yJrlZ68</a> A video looking at extrinsic risk factors.</p> <p><a href="https://www.youtube.com/watch?v=IHC8qCij4ro&amp;t=30s">https://www.youtube.com/watch?v=IHC8qCij4ro&amp;t=30s</a> - Intrinsic factors</p>
Link to exemplar questions or past papers to use:	Pupils will be provided with example question booklets relating to the topic area.
Link to model answers or mark schemes:	The exam question booklets will contain the mark schemes.
Recommended revision guides:	<p>Pupils will have access to their own revision materials they have created within lessons.</p> <p>Weekly drop-in sessions will run on a Thursday lunch time for students to come along to do extra revision.</p> <p>PE department will produce revision resources that can be used prior to the mock exams.</p>
In house booklets:	We will produce revision resources which include all the relevant content for the students, and they will be given out in lessons.
For essay subjects and longer answer questions –	- Exam style questions will be provided and given in lessons.

Suggested  
question titles for  
practice: