

Verulam School

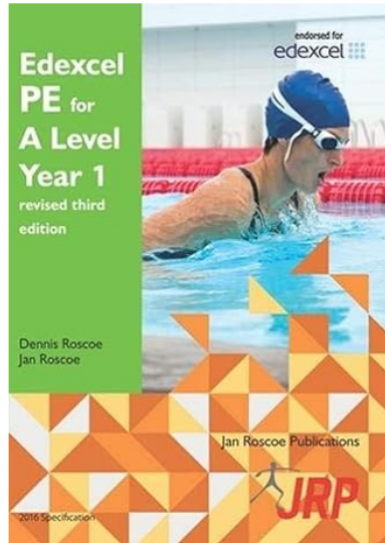
A - Level PE

All of the words in this document you need to know and understand them. Many you will remember from taking GCSE PE. However there are a lot more for A-Level PE.

As part part of your summer learning you need to create a document of these key words and learn them.



You will also need to purchase the following book to go alongside the course.



Roll over image to zoom in

Edexcel PE for A Level Year 1 revised third edition Paperback – 12 Oct. 2018



by [Dr. Dennis Roscoe](#) (Author), [Jan Roscoe](#) (Author)

4.3 ★★★★★ [26 ratings](#)

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PLEASE NOTE - THIS IS A SLIGHTLY REVISED EDITION OF AS/A1 REVISE PE FOR EDEXCEL (ISBN: 9781901424881) 'Edexcel PE for A Level Year 1 3e' is one of the student text series published by Jan Roscoe Publications Ltd. This book provides an indispensable text for students for Physical Education AS and the first year of an A Level course that commenced in September 2016. This market leader has established JRP as the main publisher for Physical Education Student Text Books. 'Edexcel PE for A Level Year 1 3e' is in full colour throughout. It consists of extensive linear notes, revision bubbles, student notes, questions that reflect year 1 A Level Edexcel examinations and bespoke full colour photographs that work very closely with the text. The following downloadable link:

Key word	Definition
Achievement motivation	
Actin	
Adenosine triphosphate (ATP)	
Advertising	
Aerobic	
Aggression	
Agility	
Agonist	
All-or-none law	
Americanisation	
Anaerobic capacity	
Anaerobic power	
Angular momentum	
Angular velocity	
Antagonist	
Anxiety	
Arousal	
Assertion	

Key word	Definition
Assisted training	
Associative stage of learning	
Athlete	
Attitude	
Attribution theory	
Autonomous stage of learning	
Balance	
Ballistic stretching	
Behavioural anxiety	
Bernoulli effect	
Bosman ruling	
Bradycardia	
Bracketed morality	
British Empire	
Broken time payments	
Bungs	
Centering	
Centre of mass	
Chunking	
Circuits	
Clarendon Commission	

Key word	Definition
Classical conditioning	
Closed loop	
Closed skill	
Coaching style: Command	
Coaching style: Guided discovery	
Coaching style: Problem solving	
Coaching style: Reciprocal	
Cognitive anxiety	
Cognitive dissonance	
Cognitive stage of learning (Fitts and Posner)	
Colonial diffusion	
Commercialisation	
Commodification	
Concentric	
Continuous skill	
Continuous training	
Coordination	
Cross training	
Cult of athleticism	

Key word	Definition
Dehydration	
Deviance	
Discrete skill	
Displacement	
Distributed practice	
Eccentric	
Electrolytes	
Electrolyte balance	
Encoding	
Endorsement	
Energy	
Evaluation apprehension	
Exercise economy	
Externally paced skill	
Fartlek training	
Feedback	
Fixator	
Fixed practice	
Flexibility	
Franchises	
Frequency Intensity Time and Type (FITT)	
Gamesmanship	

Key word	Definition
Generalised motor programme	
Gentleman amateur	
Glycolysis	
Golden triangle	
Guidance	
Hick's Law	
Homefield advantage	
Horizontal component	
Hull's Drive Theory	
Hydration	
Hypertonic drinks	
Hypotonic drinks	
Imagery	
Individual needs	
Industrialisation	
Intangible rewards	
Internally paced skill	
Interval training	
Inverted-U hypothesis	
Isometric	
Isotonic	

Key word	Definition
Isotonic drinks	
Karvonen's Theory	
Leadership style: Autocratic	
Leadership style: Democratic	
Leadership style: Laissez-faire	
Learned helplessness	
Local muscular endurance	
Locus of causality	
Locus of control	
Locus of stability	
Long Term Athlete Development (LTAD)	
Long-term memory (LTM)	
Magnus effect	
Mass participation	
Massed practice	
Maximal aerobic fitness	
Maximal strength	
Maximum speed	
Mental practice	
Merchandising	

Key word	Definition
Migration patterns of sporting labour	
Moment of inertia	
Motor neurones	
Motor programme	
Motor units	
Movement time	
Muscular Christianity	
Myofibril	
Myoglobin	
Myosin	
Need to Achieve (nACH)	
Need to Avoid Failure (nAF)	
One repetition maximum	
Open loop	
Open skill	
Operant conditioning	
Optimal loading	
Overtraining	
Oxbridge melting pot	
Part practice	
Partial pressure	

Key word	Definition
Pay-per-view	
Perception	
Performance goals	
Periodisation	
Personality trait	
Phosphocreatine (PC)	
Playing professional	
Plyometrics	
Popular recreations	
Power	
Pressure gradient	
Prime mover	
Proactive transfer	
Process goals	
Progressive overload	
Progressive part practice	
Proprioceptive neuromuscular facilitation (PNF)	
Psychological Refractory Period	
Rate of Perceived Exertion (RPE)	
Rational recreation	

Key word	Definition
Reaction time	
Recall schema	
Recognition schema	
Reinforcement	
Re-phosphorylisation	
Resistance training	
Response time	
Retroactive transfer	
Reversibility	
Ringelmann Effect	
Schema theory	
Selective attention	
Self-confidence	
Self-efficacy	
Serial skill	
Shamateurism	
Shin splints (Periostitis)	
Short-term memory (STM)	
Short-term sensory store (STSS)	
Significant other	

Key word	Definition
Social facilitation	
Social inhibition	
Social loafing	
Somatic anxiety	
Specificity	
Spectatorism	
Speed	
Speed, agility and quickness (SAQ)	
Sponsorship	
Sportsmanship	
State anxiety	
Static stretching	
Strength	
Submaximal aerobic fitness	
Synergist	
Tangible rewards	
Thorndike Law: Effect	
Thorndike Law: Exercise	
Thorndike Law: Readiness	
Trait anxiety	

Key word	Definition
Tropomyosin	
Troponin	
Type I	
Type IIa	
Type IIx (previously type IIb)	
Underdeveloped moral reasoning	
Urbanisation	
Variable practice	
Vertical component	
Visualisation	
VO2 max	
Wave summation	
Weight training	
Whole-part-whole practice	
Whole practice	
World Anti-Doping Agency (WADA)	