



# Revision 2025

## AQA A-Level Paper 1 Student Notes

# spotlight session

Recommended



**Before the revision  
session**

Complete the 2025  
National Mock Exam

Essential



**During the revision  
session**

Complete the notes

Recommended



**After the revision  
session**

Review with your  
teacher



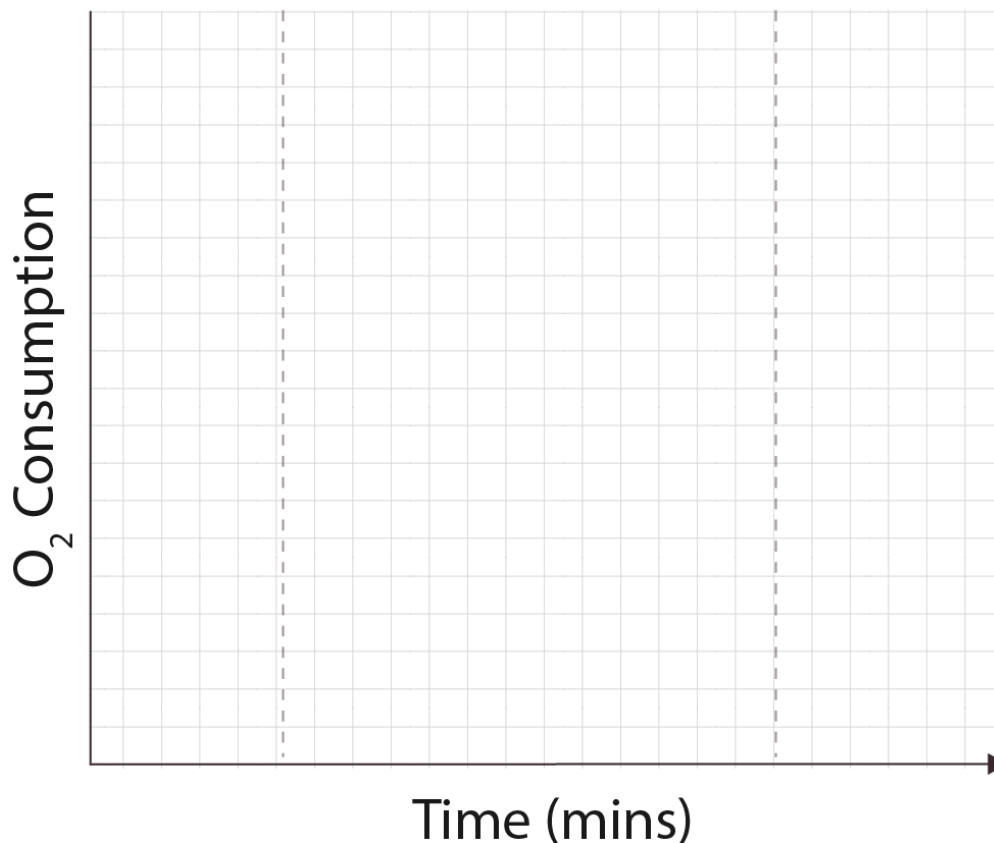
The EverLearner

## Hot Topic 10: Recovery from exercise and EPOC


3. Analyse the effects of EPOC on an all-round gymnast between apparatus during a competition.

Firstly, all gymnastics apparatus are \_\_\_\_\_, with many being ATP-PC-system predominant. Therefore, the anaerobic systems need to be recovered between the apparatus and this is done aerobically. Because breaks are quite long, and \_\_\_\_\_, PC stores will be \_\_\_\_\_ in the alactacid component of EPOC. There is also sufficient time for the \_\_\_\_\_ in the lactacid stage. \_\_\_\_\_

Marks: **[3]**



Fast component	Slow component
_____ component	_____ component
Resynthesis of _____	Removal of _____
Resynthesis of ATP	Lactate processed for _____
Re-saturation of _____	Converted back to pyruvate
_____ cool-down speeds up the fast component.	Oxidised into CO <sub>2</sub> and water
50% recovery of PC in _____	Transported in the blood to the liver to be converted to blood glucose and glycogen - Cori Cycle
100% recovery of PC in _____	Small amount converted into protein
Takes _____ of oxygen.	Removed in sweat and urine
	Can take up to _____.
	Takes _____ of oxygen.

 Pause the show if you need more time.

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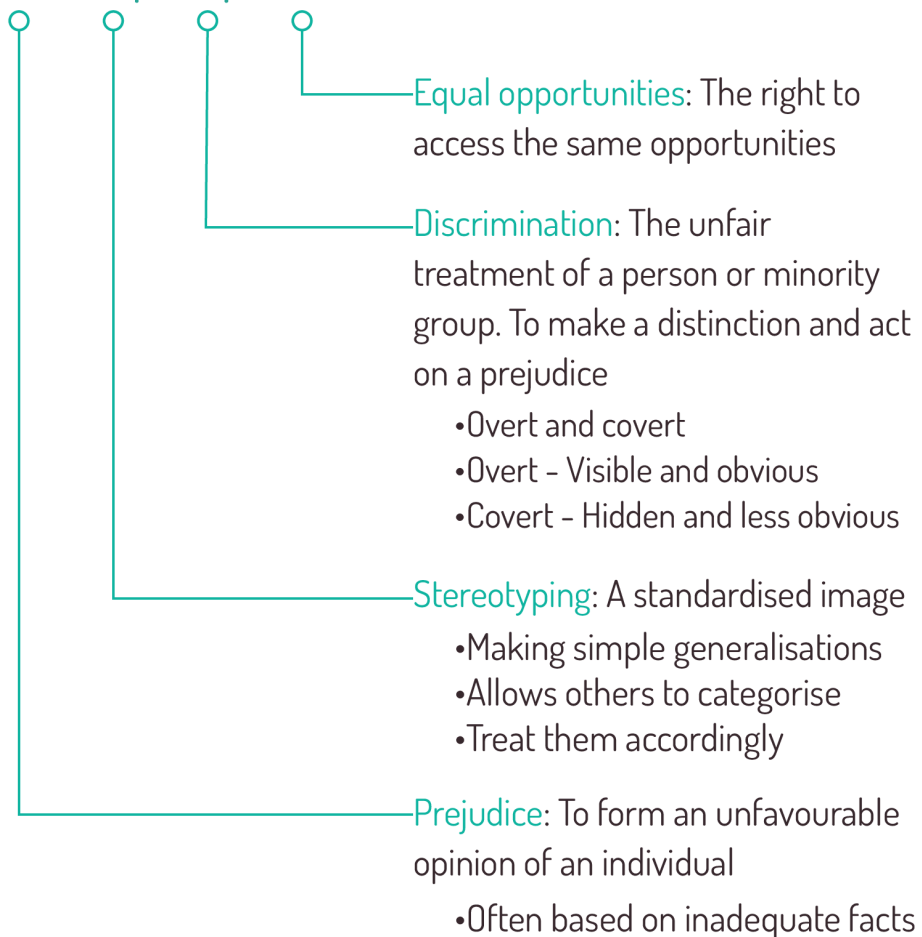
## Hot Topic 9: Under-represented groups and equal opportunities

20. Define the terms "discrimination" and "prejudice".

Discrimination is the \_\_\_\_\_ treatment of a \_\_\_\_\_ group.  
Prejudice is \_\_\_\_\_ about someone based on a  
pre-disposed characteristic.

Marks: [2]

### Key terms: Equal opportunities



**22.** The table shows viewing figures for the Paris 2024 Olympic and Paralympic Games.

Using your knowledge of commercialisation, analyse the coverage of disability sports in the media. Refer to the data from the table in your answer.



TV viewing figures of Paris 2024  
Olympic and Paralympic Games

Coverage	Viewers	Viewers as percentage of UK population
Olympic Games BBC Sport	36.1 million	59%
Paralympic Games Channel 4	18.5 million	30.4%

Marks: [8]

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Key: A01 A02 A03 The highlighting has been started for you. Complete it during the session.

Paragraph 1:

Commercialisation is treating sport as a commodity, with the main aim of making a profit. This is known as the 'golden triangle', which involves the media, sponsors and elite sport.

The media companies primarily focus on broadcasting elite sport, which can include coverage on local and national radio stations, TV and streaming online or on mobile devices through apps. The Olympic and Paralympic Games are ring-fenced, which means that they are shown on free-to-air TV due to the worldwide interest and global nature of these sporting events.

Paragraph 2:

The data in the table above highlights the significant differences between Olympic and Paralympic viewing figures. For example, 36.1 million viewers watched the Olympic Games on BBC Sport, whereas 18.5 million viewers watched the Paralympic Games on Channel 4. This is just over half the number of viewers for the Paralympic Games. The lower viewing figures for the Paralympics could be due to less coverage of disability sport throughout the year, therefore generating a lower interest when compared to Olympic sports that may feature more prominently in the media. Athletes taking part in the Olympics may also have a higher media profile as a result of more coverage, so the audience may be less aware of Paralympic athletes, which could explain the lower viewing figures in comparison.

Paragraph 3:

Viewing figures for both the Olympics and Paralympics are comparatively high due to global interest. The Paralympics also take place shortly after the Olympics, which may increase awareness and coverage through the media. For example, the Olympics TV coverage will feature previews of the upcoming Paralympics and this will generate a higher level of interest, which could have led to the comparatively high Paralympic viewing figures. Having both events take place at the same time could have a positive effect on the Paralympics as it may generate greater interest; however, the saturation of sport via the media could also lead to fewer people watching the Paralympics compared to the Olympics if they were to be broadcast at the same time. I think the Paralympics should take place as a separate event, which can further highlight Paralympic sport and boost the profile of athletes as role models for spectators. Additionally, increased media coverage of the Paralympics could lead to increased viewing figures for successive major Paralympic sporting events.



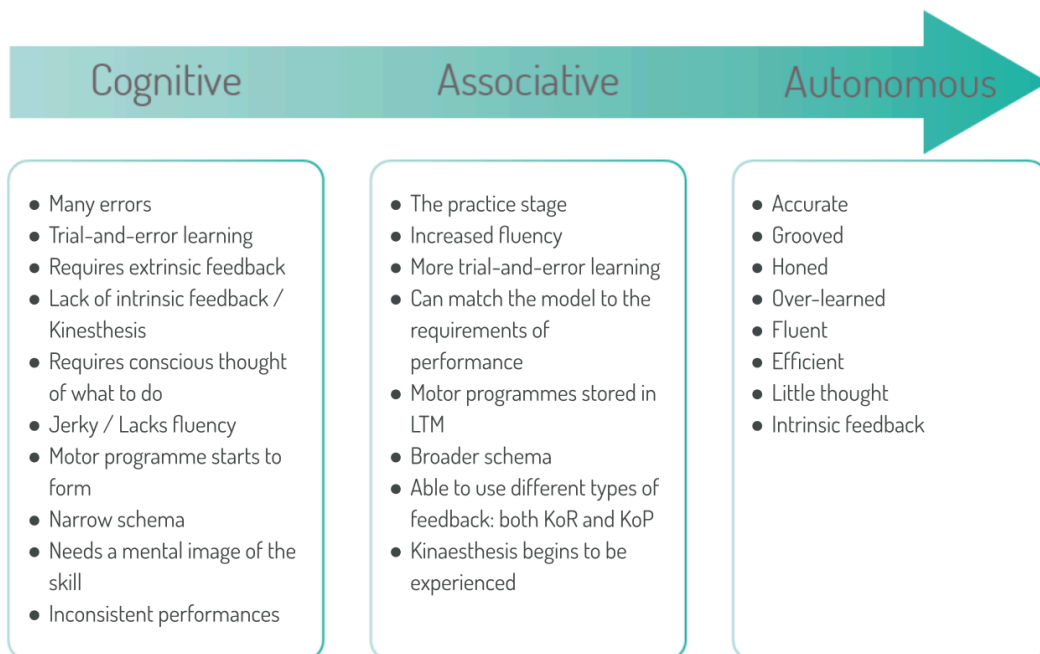
## 🔥🔥 Hot Topic 2: Stages of learning and learning plateau 🔥🔥

10. State **three** ways to avoid a learning plateau.

*Set \_\_\_\_\_ goals. \_\_\_\_\_ to the highest of standards. Correct errors in individual \_\_\_\_\_.*

Marks: [3]

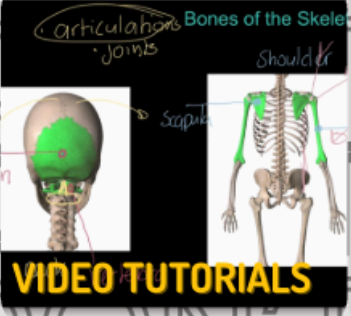
### Stages of learning



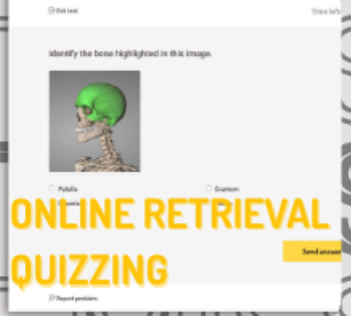
## Learning plateau

Causes	Solutions/Shortening/Preventing
<ul style="list-style-type: none"> <li>• Performer not physically capable</li> <li>• Task too difficult</li> <li>• Goals not achievable/realistic</li> <li>• Performer lacks skill ability</li> <li>• Reached full potential</li> <li>• Fatigue/lack of fitness</li> <li>• Mental model of skill not fully formed</li> <li>• Boredom/tedium/lack of motivation</li> <li>• Poor quality coaching/teaching</li> </ul>	<ul style="list-style-type: none"> <li>• Introduce difficult tasks after mastering easier tasks</li> <li>• Set achievable goals</li> <li>• Set individual rather than team goals</li> <li>• Improve physical fitness</li> <li>• Use drive reduction theory to set appropriate goals</li> <li>• Ensure coaching is high quality</li> <li>• Use demonstrations to provide mental model</li> <li>• Use whole/part/whole</li> <li>• Correct errors in subroutines</li> </ul>

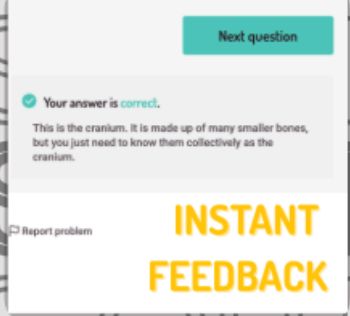
# DON'T MISS OUT



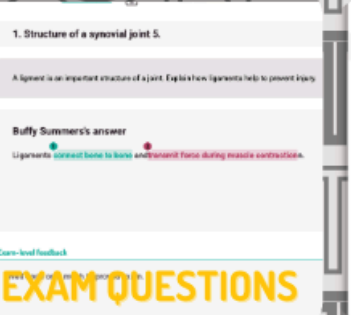
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