



# Revision 2025

## AQA A-Level Paper 2 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 9: Ethics, deviance and violence

19. Define the term negative deviance.

*Behaviours that are* \_\_\_\_\_.

Marks: [1]

20. Give a sporting example of negative deviance.

*A rugby player* \_\_\_\_\_ *when in the*  
*scrum.*

Marks: [1]



**DON'T MISS OUT**

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**ONLINE RETRIEVAL QUIZZING**

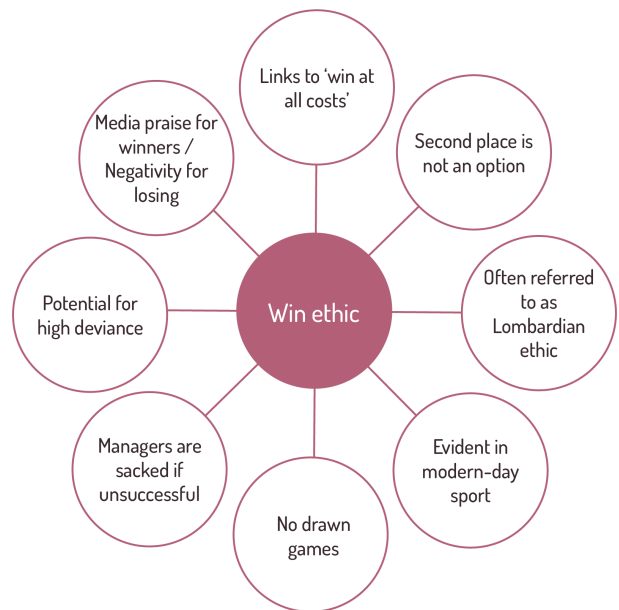
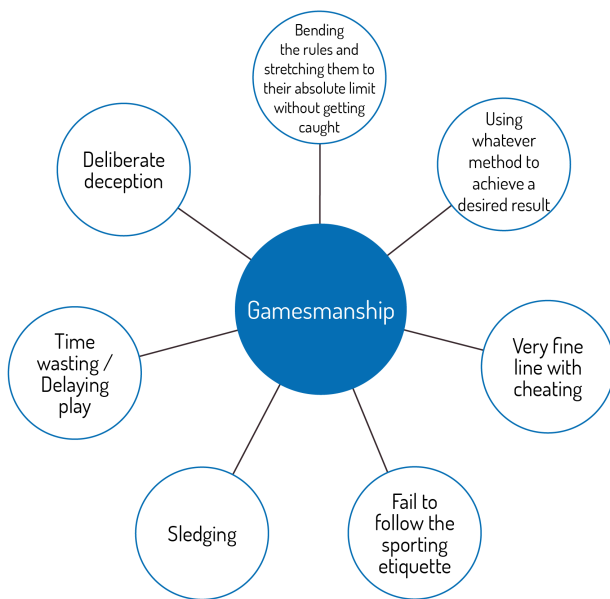
**INSTANT FEEDBACK**

**EXAM QUESTIONS**

**EXAM STATS**

**LIVE DATA**





# DID YOU KNOW



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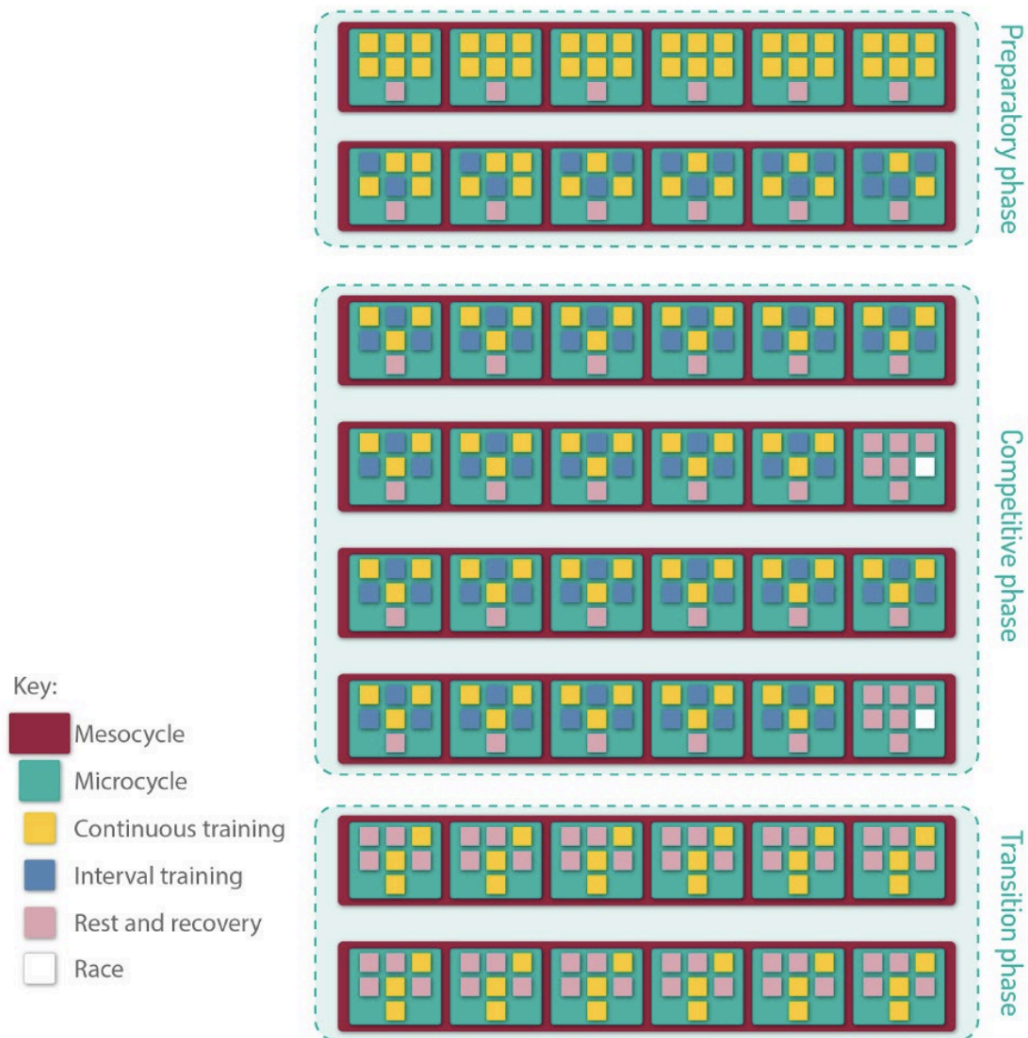
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## Hot Topic 7: Principles of training and the application of periodisation

7. This image shows an entire training year for an athlete. Evaluate the use of the principle of periodisation according to this training programme.



Marks: [8]



This athlete correctly uses the preparatory phase as pre-season, the competitive phase for lots of peaking and tapering and the transition phase as post-season.

The early preparatory phase is dominated by lots of continuous work, so it is likely that this athlete is a games player preparing for more specific training. The latter preparatory phase incorporates more interval work so I am wondering if this is a more power-based athlete that requires explosive energy, speed and agility. However, the competitive phase continues to see a blend of continuous and intermittent training, with only two race days identified. These race days are preceded by a week of rest or tapering. Therefore, I am imagining this performer to be a competitive swimmer. The continuous suggests they are not a sprinter, so I wonder if they might be a middle- or longer-distance swimmer. The two peaks preceded by tapers could relate to gala events or even major competitions such as Euros or Worlds. They are definitely not competing every weekend like a games player would. The transition phase is dominated by rest and continuous work, presumably for general conditioning and to minimise deadadaptation post-season.

A weakness of this training plan is the narrow range of training methods being used. Simply using continuous and interval for an entire year could be very monotonous and the programme could be spiced up with some weight training and especially flexibility training, which could encourage a more sustainable and injury-prevention focus to the training. Another weakness is the huge gaps between the two tapers and peaks. I count 12 weeks between them and this could be challenging from a motivation perspective. A further weakness is that the transition phase is very uninspiring. It could be described as too simplistic. It could actually be summarised by a coach saying, "See you in three months. Go for a jog three times a week, please." This is not what a high-level coach would do.

In conclusion, the plan is a decent outline for a swimmer or track athlete, but the trainer really needs to consider more variety if they want to honour the tedium aspect of FITT. In my opinion, this particular athlete would need to have remarkable levels of motivation in order to compete so little and train one-dimensionally so much.

Answer these questions:

- What do the red, yellow and green highlights represent?

A: \_\_\_\_\_  
\_\_\_\_\_

- Does the answer contain an introduction?

A: ☐ Yes ☐ No

- Does the answer contain a conclusion?

A: ☐ Yes ☐ No



- Where do you find the evidence of evaluative language, such as 'strengths' and 'weaknesses' and 'for' and 'against'?

A: \_\_\_\_\_  
\_\_\_\_\_

- What mark out of 8 would you award this answer?

A:    ☐ 0    ☐ 1    ☐ 2    ☐ 3    ☐ 4    ☐ 5    ☐ 6    ☐ 7    ☐ 8

- Why did you choose this mark?

A: \_\_\_\_\_  
\_\_\_\_\_



## Hot Topic 5: Self-efficacy and self-confidence

12.State the **two** factors according to Vealey's model that can affect state sport confidence.

\_\_\_\_\_ and \_\_\_\_\_

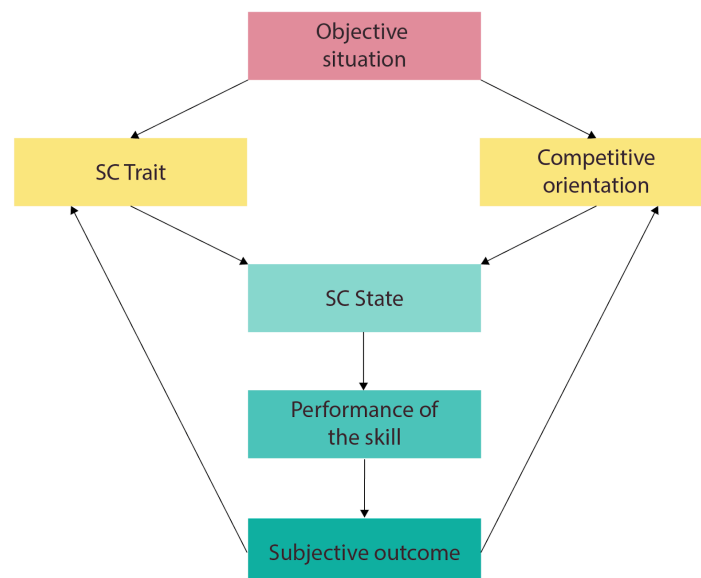
Marks: [2]

13.Using a sporting example, explain how **one** of Vealey's factors affecting state sport confidence may affect a performer.

\_\_\_\_\_ in football is when a player is motivated by winning as opposed to good performance. This can actually \_\_\_\_\_ state sport confidence because winning is \_\_\_\_\_ for a football player.

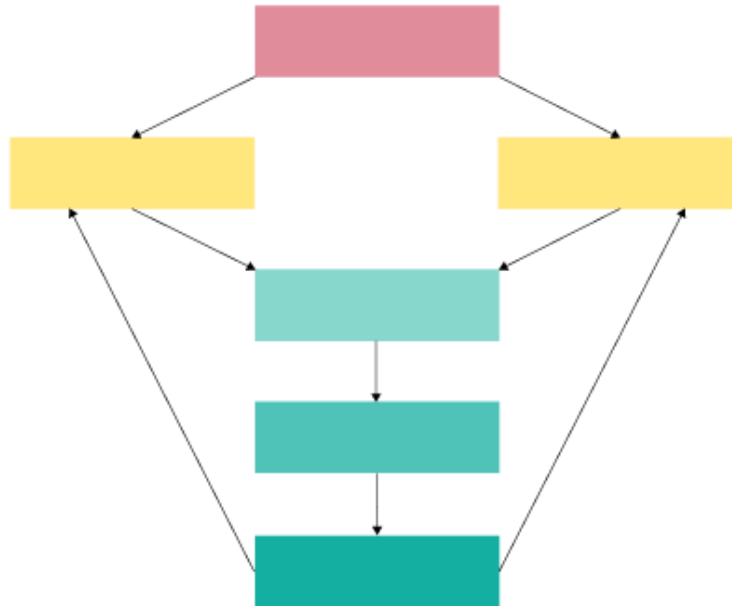
Marks: [2]

### Vealey's Sport Confidence Model (1989)



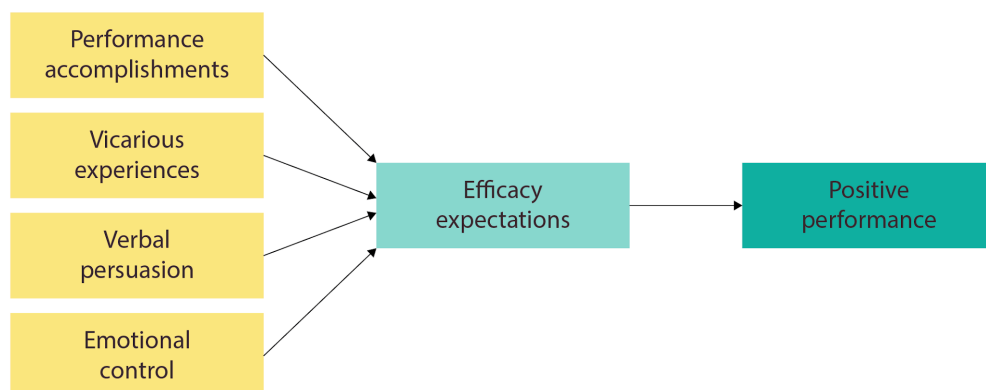
Annotate Vealey's model in relation to the following scenario:

An 18-year-old tennis player has just played round 1 of their first-ever senior's tournament and has performed so well that they have beaten the number 1 seeded player.



'Sources' of confidence

## Bandura's Theory of Self-Efficacy





FOR STUDENTS



WANT  
MORE?

FOR TEACHERS

