



Physical Education

Course Information

Are you ...

- passionate about sport?
- driven to find out how you can improve your performance?
- interested in how our bodies push themselves to their physical peak?
- keen to understand what gives Olympic champions the psychological edge over their competitors?
- intrigued by why sport is a national obsession, dominating the media and impacting the health of our nation?

If the answer is yes, then Physical Education is the subject for you. The course is extremely diverse, it allows you to explore and enhance your own sporting ability, but also bridges the academic divide between the arts and sciences. We follow the AQA Specification. Topics covered in the theoretical part of the course include:

1. Applied anatomy and physiology
2. Skill acquisition
3. Sport and society
4. Exercise physiology
5. Biomechanical movement
6. Sport psychology
7. Sport and society and the role of technology in physical activity and sport

How will you be assessed?

Paper 1: Factors affecting participation in physical activity and sport

What's assessed

Section A: Applied anatomy and physiology

Section B: Skill acquisition

Section C: Sport and society

How it's assessed

- Written exam: 2 hours
- 105 marks
- 35% of A-level

Questions

- Section A: multiple choice, short answer and extended writing (35 marks)
- Section B: multiple choice, short answer and extended writing (35 marks)
- Section C: multiple choice, short answer and extended writing (35 marks)

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

What's assessed

Section A: Exercise physiology and biomechanics

Section B: Sport psychology

Section C: Sport and society and technology in sport

How it's assessed

- Written exam: 2 hours
- 105 marks



- 35% of A-level

Questions

- Section A: multiple choice, short answer and extended writing (35 marks)
- Section B: multiple choice, short answer and extended writing (35 marks)
- Section C: multiple choice, short answer and extended writing (35 marks)

Non-exam assessment: Practical performance in physical activity and sport

What's assessed

Students assessed as a performer or coach in the full sided version of one activity.

Plus: written/verbal analysis of performance.

How it's assessed

- Internal assessment, external moderation
- 90 marks
- 30% of A-level

Additional Requirements

Good grades in GCSE PE and Biology GCSE would be beneficial. Students are expected to participate in sports both inside and outside of school to a good level.

Career Pathway

Many of our students go onto Higher Education sports based courses and there are lots of potential careers where an A Level in PE could lead; PE teaching, physiotherapy, sports nutritionist, biomechanical analyst, sport and leisure centre management, play leader, sports therapy, coaching.

Recently we have been very proud to see ex-students qualifying as PE teachers with the county and others that have gone on to careers in the armed forces and sports therapy.

Should you like to receive any additional information on this course please contact Mr S Edgell – Head of Department