

A Level Physical Education

The Physical Education course is designed for those students who have an interest in the main theoretical components of physical education and also for those who display a high sporting level in at least one sport as a performer and/or coach. The course looks at anatomical, physiological and psychological theories and applies them to current sporting activity and performance. Everyone on the course will undertake personal study, where you will analyse sporting performance and develop ways to improve either your own personal skill level or that of others. You are also assessed in personal skill levels and in competitive practical situations.

Why choose this course?

First Year

This gives an introduction to physical education, including anatomy and physiology, acquisition of skills, and sport and society relating to participation in physical activity. The aim is to ensure that all the basic concepts are covered and then be able to apply these to practical situations to enhance performance and skill levels. The practical element of the course is covered through Non-Exam Assessment (NEA): Practical Performance in Physical Activity and Sport. This includes a practical assessment and written coursework in one activity as a performer or coach.

Second Year

The second year of the course further develops the principles learnt in Year 1 and covers the topics of applied physiology, biomechanics and technology in sport. The NEA component in the second year of study includes assessment in one practical activity as either a performer or coach and must be linked to the full competitive sporting environment. You will also complete a written coursework component based on a self-analysis of key skills in the chosen activity area.

What will I learn?

First Year

Paper 1: Factors Affecting Participation in Physical Activity and Sport (examined at the end of Year Two - 35% of A Level)

Section A: Applied Physiology. Multiple choice, short answer and extended writing.

Section B: Skill Acquisition and Sports Psychology. Multiple choice, short answer and extended writing.

Section C: Sport and Society and Technology in Sport. Multiple choice, short answer and extended writing.

Second Year

Paper 2: Factors Affecting Optimal Performance in Physical Activity and Sport (examined at the end of Year Two - 35% of A Level)

Section A: Exercise Physiology and Biomechanics. Multiple choice, short answer and extended writing.

Section B: Sports Psychology. Multiple choice, short answer and extended writing.

Section C: Sport and Society and Technology in Sport. Multiple choice, short answer and extended writing.

Non-Exam Assessment (NEA): Practical performance in physical activity and sport. You will be assessed as a performer or coach in the full sided version of one activity. Plus, produce a written analysis and evaluation of performance.

Assessment arrangements

Two written exams of 2 hours each taken at the end of Year Two 70%

NEA - Practical and written coursework assessment 30% (To be submitted by April of Year Two)

Information & Support

You will be expected to spend at least six hours in independent study time per week.

Where will it take me?

Further possibilities include Higher Education courses in Sports Coaching, Sports Therapy and Exercise, Health & Fitness. Future careers include teaching, coaching, physiotherapy, sports retail, sports therapy, journalism, sport administration in leisure and sports development.

What will I need?

5 GCSEs at grade 4 or above including Maths at grade 5 and English at grade 6. The ability to play a sport from the specification at a high level is also an advantage.

Additional Information

Awarding Body:

AQA