

Physical Education

Qualifications

Exam board: AQA 7582 QAN:60186331

End of Year 13 – A Level (two year course only)

Entry Requirements

A minimum of 5 passes at grade 5 or grade C (including English and Maths). A minimum of a grade 6 is recommended. A grade 5 will be considered with a grade 6 in the written examination component.

Skills Required

This A level requires good practical ability in one activity and students must be taking part in club sport outside of school. A number of other skills are also essential due to the diverse nature of the course. A confidence in science, especially Biology, is needed to cope with the challenging exercise physiology content at both AS and A2. An ability to analyse, discuss and argue is required when studying both the origins of sport and technology in sport, and their development in the UK. Furthermore, an interest in the wider sporting world is essential when studying global issues, such as world games. Finally, a good grasp of Mathematics would be beneficial in order to fulfil the biomechanics requirement, studying areas such as Newton's Laws and projectile motion.

Course Outline

This course studies the wide and varied area of sport. Sport in modern society is a multi-million pound industry that pulls in specialists in an astonishing range of careers. The syllabus covers aspects of performance analysis such as how to optimise the physiology of an athlete by training, perfecting technique through sports mechanics and the vital role that the mind plays through sports psychology. These topics are introduced at a participation level in the AS course and then further developed and applied to the elite performer at A2.

Student Testimony

"I really enjoyed the course; you learn a lot more about the theories behind sport. Students will need to be playing a lot of sport outside of school to do well in this subject and you can apply the theories to your sport. Understanding the body and how it works was extremely important for me as I want to go into the Armed Forces as an Officer and I learned a lot about the physiology and anatomy that will stand me in good stead when I am in the Forces."

"PE is a great 'A' Level but you need to work really hard to get the most from it."

Career Paths & Degree Courses

Physical Education provides a useful foundation for degree courses in a wide variety of subjects including: sport sciences, physiotherapy, sports management, sports coaching, teaching and leisure and recreation. It is also useful for Public Services and the Armed Forces.

Year 12 and 13

Theoretical Content - Paper 1

Applied anatomy and physiology, skill acquisition, sport and society

2 hour written examination

35% of A level

Theoretical Content - Paper 2

Exercise physiology

Biomechanical movement

Sports psychology

Sport and society and role of technology

2 hour written examination - 35% of A level

Practical Content: Non-exam assessment

Students ability is assessed as a performer in a competitive situation within a sport of their choice. (practical performance)

Performance analysis assessment (analysis and evaluation)

30% of A level