



# Physical Education



## Overview

Advanced level Physical Education would suit a student who has a keen interest in sport and who is committed to attaining high standards in their work.

Students will study the following topics:

- **Applied anatomy and physiology** - develop knowledge and understanding of the changes within the body systems prior to exercise, during exercise of differing intensities and during recovery.
- **Skill acquisition** - how skill is acquired and the impact of psychological factors on performance. Knowledge and understanding of the principles required to optimise learning of new, and the development of existing skills.
- **Sport and society** - develop knowledge and understanding of the interaction between and the evolution of, sport and society.
- **Exercise physiology** – understand the adaptations to the body systems through training or lifestyle and how these changes affect the efficiency of those systems.
- **Biomechanical movement** - develop knowledge and understanding of motion and forces, and their relevance to performance in physical activity and sport.
- **Sport psychology** - develop knowledge and understanding of the role of sport psychology in optimising performance in physical activity and sport
- **Role of technology in sport** - develop knowledge and understanding of the technological developments in physical activity and sport.

## Assessment

A Level Physical Education – two year course		
<b>Paper 1</b>	<b>Factors affecting participation in physical activity and sport</b> <ul style="list-style-type: none"> <li>• Applied Anatomy and Physiology</li> <li>• Skill Acquisition</li> <li>• Sport and Society</li> </ul>	2 hr written exam 35% of A level
<b>Paper 2</b>	<b>Factors affecting optimal performance in physical activity and sport</b> <ul style="list-style-type: none"> <li>• Exercise Physiology and Biomechanics</li> <li>• Sports Psychology</li> <li>• Sport and Society and Technology in sport</li> </ul>	2 hr written exam 35% of A level
<b>Practical in physical activity and sport</b>	<b>Assessment</b> <ul style="list-style-type: none"> <li>• Performance as player or coach in full sided version of one activity ( 15% of A level)</li> <li>• Written analysis and evaluation of performance (15% of A level)</li> </ul>	Internal assessment, external moderation 30% of A Level

Exam Board



A Level: 7582

<http://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582>

## Subject Specific Entry Requirements

Grade 5 in GCSE PE and Science are a minimum requirement for students studying this course. All students considering the course must be dedicated sports enthusiasts.

**“The individualised support offered by the PE staff enhanced my progress, and broadened my understanding of the many different aspects to sport.”**

**Megan**

## Progression and Career Opportunities

This course is recognised by all universities as an academic Advanced level qualification. Students in previous years have used this course to lead to careers in PE. Areas such as teaching, leisure and recreation, physiotherapy, sports coaching, sports psychology and fitness trainer have all been pursued. Other students have used it as an additional qualification to demonstrate to universities their interest and enthusiasm beyond the boundaries of traditional subjects.