

A Level Physical Education

Examination board & syllabus: AQA

Minimum Entry Requirements: Grade 7 at GCSE PE

In addition you need to offer one sport in which you are either a performer or a coach. You are required to competitively participate/coach in your chosen sport on a regular basis.

Course Outline:

Have you ever wanted to know what it takes to become a Nicola Adams or an Andy Murray? Physical Education is just the course to provide you with the answer. The course not only looks at the physiological aspects of performance; but also provides an in-depth analysis of the history of sport, technology in sport and the increasing commercial pressures that sport plays in our culture and society. Physical Education is an academic subject taught through a combination of classroom and practical sessions. Our school is fortunate to have access to excellent sport facilities. The theory content includes Applied Anatomy and Physiology, Biomechanical Movement, Skill Acquisition, Sports Psychology, Sport and Society and the role of Technology in Sport. The practical content involves students adopting the role of a coach or a performer in one sport from the prescribed list, which they participate competitively on a regular basis. The practical content also includes an in depth analysis of performance.

Theoretical Assessment: There are 2 written exam papers in June of Y13. Both papers include a combination of multiple choice, short and extended writing questions. The exam is externally marked by AQA examiners.

Paper 1 – Factors Affecting Participation in Physical Activity and Sport, 2 hour written exam 105 marks and worth 35% of the A level.

Paper 2 – Factors Affecting Optimal performance in Physical Activity and Sport, 2 hour paper 105 marks and 35% of the A level.

Practical Assessment: One practical activity is chosen from the prescribed list in either the role of the coach or the performer. This is worth 15% of the A Level. The written coursework which is an in depth analysis of performance is also worth 15%. These are both internally assessed and externally moderated.

Equipment required:

AQA endorsed text book

Stationary equipment

Sports kit and trainers for practical lessons.

Higher Education Progression:

A Level PE is required for some Sports Science courses. It will be a useful qualification for courses in Sport-related areas such as Coaching, PE Teaching, Physiotherapy, Personal Fitness Training, Recreation Centre Management, Events Management, Outdoor Education and Sports Sociology and Psychology.

Useful websites:

www.aqa.co.uk

www.instantanatomy.net

www.bbc.co.uk/science

www.peworld.org