

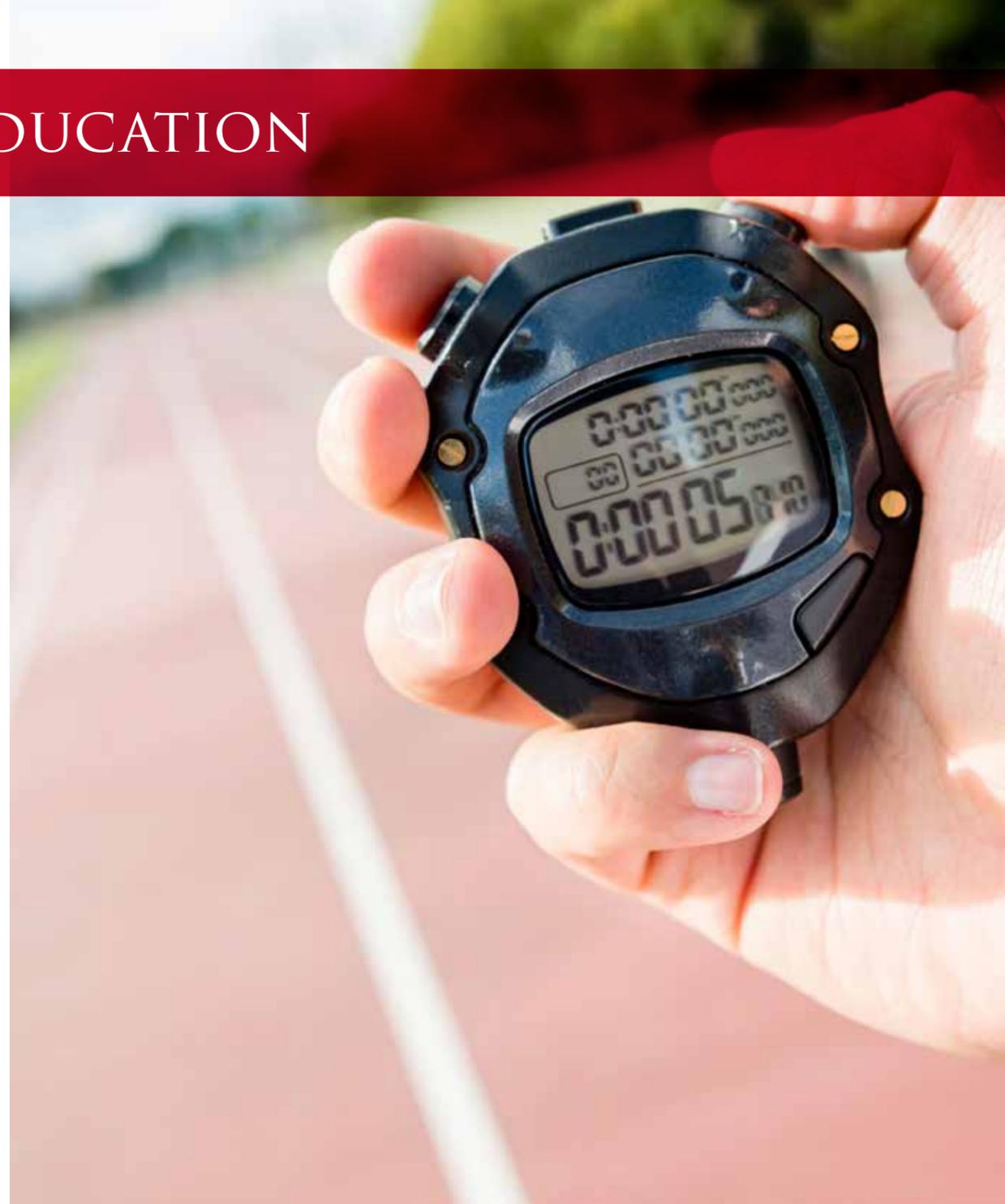
A LEVEL PHYSICAL EDUCATION

Studying A Level Physical Education will give you a fantastic insight into the sporting world and what it takes to be successful. You will learn how Physical Education affects and contributes to society and also how to apply your knowledge from this course to any number of different practical situations or career choices. This experience will be challenging but extremely interesting, connecting key sporting ideas with practical performance.

Transferable skills are developed throughout the course, including; decision-making, psychological understanding of people, independent thinking, problem solving and analytical skills, thinking and acting under pressure.

COURSE STRUCTURE

YEAR	TITLE	CONTENT	WEIGHTING
Year 13 (2 hour examination)	Paper 1	This paper will include the factors affecting participation in physical activity and sport. Within this topic you will gain an extensive understanding of applied anatomy and physiology, skill acquisition and sport and society.	35%
Year 13 (2 hour examination)	Paper 2	Paper 2 will comprise of exercise and biomechanics. This includes sport psychology, sport and society, and technology.	35%
Year 13 (Internal assessment, external moderation)	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 written/verbal analysis of performance.	30%



COURSE OUTLINE

This course will equip you with both a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education.

In year 1 you will study the anatomy and physiology of the human body. You will gain an extensive understanding of the cardio-respiratory system, neuromuscular system, musculo-skeletal system, energy systems, memory models and skill acquisition. The changes within the body systems prior to and during exercise will be studied in detail.

In year 2 you will progress your knowledge and understanding by studying factors affecting optimal performance in physical activity and sport. This will include exercise physiology, diet and nutrition, injury prevention and rehabilitation of injury, biomechanical movement, and sports psychology. Sport and society and the role of technology in physical activity will be studied in depth.

Throughout the two years you will be able to develop your ability and aptitude in physical activity, demonstrating appropriate skills and techniques.

ENRTY REQUIREMENTS

You should have a very keen interest in sport and the ability to perform or coach in one sport to a high standard. Almost all lessons are theory-based as the structure of allocated lessons reflects the assessment weightings. The practical performance (30%) will be assessed through your games or enrichment commitments in school or through a club. Therefore you will need to show the ability and enthusiasm to focus and perform well in both a theoretical and practical environment.

- Minimum GCSE: Grade B (GP6) or above in Physical Education.
- Additionally, students choosing this course are strongly advised to take A level biology as it supports the theoretical aspects of the course.
- Desirable GCSE: Grade Point 6 (Grade 6) or higher in English Language or Literature and Science.



Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong - John F. Kennedy



PROGRESSION ROUTES

The course allows you to gain dynamic theoretical and practical skills for further education or work. A Level Physical Education can complement further study in biology, human biology, physics, psychology, sociology and many more. The course is an excellent base for a university degree in Sports Science, Sports Management, Nutrition, Healthcare, Teaching and Medicine.

If you have a real interest in Physical Education you will find this course a fantastic platform from which to start a profession in the sporting world. This can include Sports Therapy, Sports Management, Physiotherapy, Teaching, Coaching, Sports Psychology, Sports Technology and Sports Science.

Other related subjects and career paths include Sports Injuries and Massage, Biomechanics, Sports Coaching, Physical Training/Fitness Instructor, Sports Development Officer, and Dietician/Nutritionist, Recreation and Leisure Management.

RECOMMENDED EXTRA CURRICULAR ACTIVITIES

A Level students will benefit from the brand new sports facilities at Kings and staff who are committed to ensuring you succeed in this subject. Every Wednesday afternoon will be dedicated to enrichment activities. Sporting activities and fixtures will be held at this time. King's specialises in elite performance for Lacrosse, Rugby, Rowing, Sword Fencing and the Martial Arts. You will also have the opportunity to gain valuable experience in coaching younger students at school.

You are expected to commit to at least one team sport.

RECOMMENDED READING LIST

AQA PE for A Level book 1; Carl Atherton and Symond Burrows

AQA PE for A Level book 2; Carl Atherton and Symond Burrows

Journal of Sports Sciences

Journal of Sport and Social Issues

TOP 5 UNIVERSITIES CURRENTLY FOR THIS SUBJECT

1. Loughborough
2. Bath
3. Durham
4. Leeds Metropolitan University
5. Birmingham

COURSE/QUALIFICATION DETAILS

Qualification: A level Physical Education

Board: AQA

Code: 7582

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