Physical Education

Why should I choose PE?

The course will appeal to you if you:

have a keen interest in sport and recreation
want to follow a course that develops the theoretical aspects through practical involvement
have an enquiring mind and are interested in sport throughout the world
want to know more about how the body functions and the effects of exercise
want to evaluate and improve their own performance in a range of sports roles
enjoy discovering about yourself in practical situations
want to study a course that is active and that you will enjoy
may want to move on to a related career or higher education course.

What can I expect to learn?

You will:

develop your knowledge and skills in a range of sports roles
explore the contemporary issues in modern sport and recreation
examine the effects of exercise and the relationships between training and performance
identify the pathways and opportunities available to participate in sport and recreation at a local, national and international level
enhance your understanding of how elite performers prepare for sports competition
find ways to improve your own performance in selected roles through your greater understanding of the subject.

Where does this course lead?

Studying PE at AS Level can be a useful 'stepping stone' towards a career in the Leisure Industry, Teaching, Physiotherapy, Coaching and Sports Medicine, to name but a few. With an Advanced GCE Physical Education qualification, you will have access to a wide range of possible career and higher education opportunities. You learn and use a variety of transferable skills throughout the course. These include:

- collecting, analysing and interpreting data
- communicating your findings in different ways
- identifying and developing the links between different parts of the subject.

These skills are in great demand by employers, universities and colleges.

Entry requirements:

5 GCSEs at Grade 5 and above. A grade 6 or better in the theory exam at GCSE (if studied at GCSE). You will need at least a grade 5 in Science.