



Sixth Form Handbook
A Level PE

Contents

About the course	3
A-Level Physical Education	4
Why study A-Level PE?	4
Topics include:	4
How you will be assessed	4
Assessment	4
Which students do well at A-Level PE?	4
Course Reading List & Materials	5
• AQA A-level PE Book 1 (2016) Carl Atherton, Symond Burrows, Sue Young, Ross Howitt	5
Tasks before September	5
Who can I contact for help?	6
Mr. A Jones (a.jones@poolehigh.poole.sch.uk)	6

About the course

A Level PE allows you to gain a detailed insight into the world of Sport, discussing and learning about all of the current issues in world Sport.

Students will cover in detail seven main areas over two years.

- Applied anatomy and physiology
- Exercise physiology
- Biomechanical movement
- Skill acquisition
- Sports psychology
- Sport and society
- Sport and society and the role of technology in physical activity and sport

Applied anatomy and physiology will cover all of the body systems that allow effective sports performance. These will cover in detail the inner workings of the cardiovascular, muscular, respiratory and thermo regulation systems. This will lead very well onto Exercise physiology where students will gain an understanding of how the body produces energy, deals with the demands of performance and will allow students to answer some of sports most amazing questions. This is also coupled with Biomechanical movement that discusses how the human body moves, how this is effected by training and performance and how the body can be manipulated to allow incredible performances.

Skill acquisition will allow students to understand how sports people learn skills, how the skills are developed over time and this will look at effective coaching and teaching and the use of feedback in sport. This will allow students to become informed in their own coaching and to allow them to think about key psychological theories. This then leads nicely onto to Sports psychology where students will develop key understanding of many psychological theories to explain behavior during sporting performance and training. They will discuss attitude, arousal, motivation to name but a few. This will allow them to critically evaluate their own performances but also that of elite athletes.

Sport and Society and the role of Technology discusses wider sporting issues such as the media, world games, the use of drugs in sport, sponsorship and the impact of hooliganism. This allows students to look at the impact that all of these elements have had on sport throughout the years and gain an insight into the future path it may take.

Overall the course will perfectly prepare the academic student for University, allowing students to study all aspects of a sport course that will equip them well for further education in a range of disciplines.

A-Level Physical Education

Why study A-Level PE?

In choosing this course, students will develop knowledge which will equip them for undergraduate study in the areas of Physiology, Bio-mechanics, Psychology and Nutrition or employment in the sporting sector.

Topics include:

- Applied Anatomy and Physiology
- Skill Acquisition
- Sport and Society
- Exercise Physiology and Biomechanics
- Sport Psychology
- Sport and society and technology in sport



How you will be assessed

Assessment

<p>Paper 1 (Written Paper): Section A: Applied anatomy and physiology Section B: Skill acquisition Section C: Sport and society</p>	35%	<ul style="list-style-type: none"> • 2 hour written paper • 105 marks • Combination of multiple choice, short answer and extended writing questions • Including use of data
<p>Paper 2 (Written Paper): Section A: Exercise physiology and biomechanics Section B: Sport psychology Section C: Sport and society and technology in sport</p>	35%	<ul style="list-style-type: none"> • 2 hour written paper • 105 marks • Combination of multiple choice, short answer and extended writing questions • Including use of data
<p>Coursework (NEA): Practical performance in physical activity and sport – 15% Written analysis and evaluation of performance – 15%</p>	30%	<ul style="list-style-type: none"> • 90 marks • One activity (45 marks) plus written analysis and evaluation (45 marks) • Internal assessment, external moderation

Which students do well at A-Level PE?

- ...those who have a keen interest all sports.
- ...those who have achieved a minimum of a 'B' in GSCE PE and 'C' in Science.
- ...those who take part in sport at an advanced level.
- ...those who want a course which develops knowledge and understanding of the benefits of sport and exercise.
- ...those who wish to improve your performance in a range of sports roles.
- ...those who have an interest in fitness and health.



Course Reading List & Materials

Books:

- AQA A-level PE Book 1 (2016) Carl Atherton, Symond Burrows, Sue Young, Ross Howitt
- Clegg, C. Exercise Physiology And Functional Anatomy (1995) Feltham Press
- Walder, P. Mechanics And Sport Performance (1998) Feltham Press (1998)
- Burrows, S. Byrne, M. Young, S. AQA AS Physical Education Student Revision Guide (2008)
- Wiggins-James, N. James, R. Thompson, G. AS PE for AQA (2005) Heinemann
- Sports rule books and coaching guides
- Sports Biographies/Autobiographies

Journals

- Journal of Sports Sciences
- Journal of Sport & Social Issues
- All sports magazines will offer a view on performing, coaching, science, current issues or history of sport(s). They are therefore valuable wider reading material
- National newspapers. The sports pages report global events and the biggest issues

Websites

- www.mypeexam.com
- www.sportengland.org
- www.brianmac.co.uk
- NGB websites e.g. The FA www.thefa.com, The RFU www.rfu.com etc.

Live sport

- Active involvement in a sports club or team is essential.
- Go to live sports fixtures and events – This is fun and may help your grades!

Tasks before September

Choose your Sport Star



Gareth Bale



Jessica Ennis



Geva Mentor



Johnny Wilkinson



Steve Redgrave

Please choose a Sport star:

Research project must include:

- Profile: Background on the sports star – achievements / career goals / injuries / highlights etc.
- Methods of guidance in their sport – verbal, visual, manual and Mechanical
- How an athlete is motivated?
- Factors that affect skill?
- Training methods – continuous, intermittent, circuit, weights, plyometrics and mobility training; explanation of the principles of each method, specific examples, advantages and disadvantages.
- Fitness testing – reasons for testing, principles of maximal and sub-maximal tests, limitations of testing, specific test protocols, issues relating to validity and reliability.
- What is talent ID?
- State any barriers to participation these stars may have faced.



Who can I contact for help?

Mr. A Jones (a.jones@poolehigh.poole.sch.uk)