



Physical Education

Is this course for me?

This course will appeal to those students who:

- Have an interest in fitness, health and athletic performance.
- Enjoy learning how the body changes and adapts with training.
- Wants to learn the psychological aspects of sport performance.
- Enjoy analysing, participating and observing physical performance.
- Shows an interest in the social, cultural and ethical areas of global sport.
- Shows a willingness to develop other roles within sport.
- Can practically perform within a role.

Units of Study

Unit 1

This unit explores the factors affecting participating in physical activity and Sport. This covers three sections. Section A is applied anatomy and physiology which explores the human body and the impact of the body systems on sports performance. Section B considers how we develop our skills and investigates the impact that a coach can have on this. The final section is sport in the society and looks at the development of sport since the industrial revolution. This contributes to 35% of the A-level. Students are assessed in a 2 hour exam and this contributes to 35% of the A-level.

Unit 2

This unit has more of a focus on the factors affecting optimal performance in Sport and getting performers to the top. This covers three sections. Section A is exercise physiology and biomechanics, this has a strong physics focus including topics such as momentum and acceleration. Section B is Sports psychology and considers the importance of mind set on reaching the top. Finally section looks at sport and society and technology in sport. This looks at factors such as talent identification and the different agencies responsible for getting performers to the top. It also looks at technological advances such as VAR. This contributes to 35% of the A-level. Students are assessed in a 2 hour exam and this contributes to 35% of the A-level.

NEA

This is students practical performance in physical activity and sport as a performer or coach in the full sided version of one activity. Students also complete a piece of coursework which is an analysis of their performance in sport. This is internally and externally assessed and contributes to 30% of the A-level.

Entry Requirements

Students need to have studied GCSE PE and gained a grade 6 or higher. There is a need for practical competency in one particular sport, however a commitment to coaching/officiating is also expected of all candidates.

What will this course prepare me for?

- ◆ Physical Education Training and Teaching
- ◆ Leisure and Management
- ◆ Physiotherapy
- ◆ Armed Forces
- ◆ Sports Science Investigation
- ◆ Sports Psychology/training and finance careers
- ◆ Sports Coaching/officiating
- ◆ A range of university courses.