

# Physical Education

The growth in the health, fitness and leisure industries has meant that Physical Education is one of the fastest growing areas of study in the UK. Studying it at A Level will give students a fantastic insight into the amazing world of sports performance through an understanding of the physiological and psychological factors that affect it.

The course offers a unique combination of physical performance and academic challenges. Students cover a wide range of topics, developing an understanding of the factors that underpin physical activity and sport, how physical, physiological and psychological states affect performance and the key socio-cultural factors that influence involvement in sport and activity. The course also offers the opportunity to focus on analysing and evaluating their own performance to improve in a chosen sport.



## COURSE CONTENT

The course is structured around the following sections. Each section is further subdivided into topic areas:

1. Applied Anatomy and Physiology
2. Skill Acquisition
3. Sport and Society
4. Exercise Physiology
5. Biomechanical Movement
6. Sport Psychology
7. The Role of Technology in Physical Activity and Sports
8. Applied Anatomy and Physiology
9. Information Processing
10. Exercise Physiology
11. Biomechanical Movement
12. Sport Psychology
13. Sport and Society and the Role of Technology in Physical Activity and Sport.

## SKILLS REQUIRED

It is not necessary to have studied this subject at GCSE, however, to benefit from the learning, we encourage course participants to have an awareness of sport and physical opportunities in your specific sport of interest.

## ASSESSMENT

All course content is examined at the end of the two-year course. The assessment consists of two written exams (multiple-choice, short answers, and extended writing) and a non-examined assessment.

### Paper 1:

Factors Affecting Participation in Physical Activity & Sport. Three sections: Applied Anatomy, Skill Acquisition, Sport and Society. 2 hours. 35% of final marks.

### Paper 2:

Factors Affecting Optimal Performance in Physical Activity and Sport. Three sections: Exercise Physiology and Biomechanics, Sport Psychology, Sports and Society and Technology and Sport. 2 hours. 35% of final marks.

### Non-examined Assessment: Practical Performance in Physical Activity & Sport.

Students are assessed as a performer or coach in the full-sided version of an activity plus a written/verbal analysis and evaluation of performance. 30% of final marks.

## ENRICHMENT

There are a number of opportunities to represent the School both locally and regionally at sporting fixtures. At the end of the course, students will participate in our popular Sports Awards Evening.

## FUTURE PATHWAYS

The course is ideal preparation for students to study Sport at university, or study related courses such as Biomechanics, Physiology, Sports Science, Teaching, Sport Psychology and Physiotherapy.

## EXAM BOARD

AQA 7582



Hear from our Students

Scan to listen

