



## Physical Education

Exam Board: AQA

Contact teacher: Mr R Bentley

### Why study Physical Education?

A Level PE is an excellent course that provides students with knowledge of all the body systems, psychological factors and contemporary issues in sport today. It is a perfect course for anyone wishing to go on to have a career in the sporting sector.

### Course details

#### Year 1

Paper 1 – Factors affecting participation in physical activity and sport

Content	How it's assessed
Theory covering 3 different sections: Section A: <b>Applied anatomy and physiology</b> Section B: <b>Skill acquisition</b> Section C: <b>Sport and society</b>	Written exam lasting 2 hours 105 marks 35% of final A Level grade

#### Year 2

Paper 2 – Factors affecting optimal performance in physical activity and sport

Content	How it's assessed
Theory covering 3 different sections: Section A: <b>Exercise physiology and biomechanics</b> Section B: <b>Sport psychology</b> Section C: <b>Sport and society and technology in sport</b>	Written exam lasting 2 hours 105 marks 35% of final A Level grade

Non-exam assessment: Practical performance in physical activity and sport

Content	How it's assessed
Students assessed as a performer or coach in the full sided version of one activity. Plus: written/verbal analysis of performance.	Internal assessment with external moderation 90 marks 30% of final A Level grade

### How is the course taught and assessed?

The course is taught through a mixture of practical and theoretical lessons, split into anatomy & physiology, psychology and contemporary issues sections. Students will also be assessed as a performer in one sporting activity.

### Entry requirements

It is essential that students are taking part in competitive sport outside of College, as this will help them to fulfil the practical element of the course. Students are required to meet the standard College entry requirements including grade 5 in GCSE PE.

### Career routes and popular combinations

Students who follow A-level PE often go on to complete courses in further education including sports science, PE teaching, sports coaching, sports development or physiotherapy. The course also provides an excellent base for those students wanting to do Psychology or science based degree courses.