

# A Level Physical Education



This highly stimulating, rigorous and academic course explores the main topics within sport. Students will study the following topics:

- **Applied anatomy and physiology** - develop knowledge and understanding of the changes within the body systems prior to exercise, during exercise of differing intensities and during recovery.
- **Skill acquisition** - how skill is acquired and the impact of psychological factors on performance. Knowledge and understanding of the principles required to optimise learning of new, and the development of existing skills.
- **Sport and society** - develop knowledge and understanding of the interaction between and the evolution of, sport and society.
- **Exercise physiology** – understand the adaptations to the body systems through training or lifestyle and how these changes affect the efficiency of those systems.
- **Biomechanical movement** - develop knowledge and understanding of motion and forces, and their relevance to performance in physical activity and sport.
- **Sport psychology** - develop knowledge and understanding of the role of sport psychology in optimising performance in physical activity and sport
- **Role of technology in sport** - develop knowledge and understanding of the technological developments in physical activity and sport.

The coursework includes both practical assessment and self-evaluation and improvement units. This is an ideal course for any students who have a genuine passion for sport and wish to increase their knowledge to a much higher level. Students on the course must be regularly competing or coaching outside of school for a sports club.

## Subject specific entry requirements

In addition to the standard entry requirements, the following subject entry criteria should be met:

- 5 in GCSE Sports Studies if taken; 4 in GCSE English and 4 in GCSE Science if you have not studied Sports Studies at GCSE

## Exam Board

AQA specification 7582 <https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582>

## Assessment

A Level – 2 year course		
<b>Paper 1</b>	<b>Factors affecting participation in physical activity and sport</b> <ul style="list-style-type: none"> <li>• Applied Anatomy and Physiology</li> <li>• Skill Acquisition</li> <li>• Sport and Society</li> </ul>	2 hr written exam 35% of A level
<b>Paper 2</b>	<b>Factors affecting optimal performance in physical activity and sport</b> <ul style="list-style-type: none"> <li>• Exercise Physiology and Biomechanics</li> <li>• Sports Psychology</li> <li>• Sport and Society and Technology in sport</li> </ul>	2 hr written exam 35% of A level
<b>Paper 3</b>	<b>Assessment</b> <ul style="list-style-type: none"> <li>• Performance as player or coach in full sided version of one activity (15% of A level)</li> <li>• Written analysis and evaluation of performance (15% of A level)</li> </ul>	Internal assessment, external moderation 30% of A Level

## This course will lead to:

This is the perfect preparation for anybody who seeks to study any sport-related course at university and it can lead on to a career in many different fields, including teaching, sports science and physiotherapy.

*A level PE is really interesting. It covers many things I did not even consider that impact on my own performance".*

**Danielle Priddey**