



A level Physical Education (AQA)

The Physical Education A level qualification builds on the student's experience from KS4 and GCSE to enhance their knowledge and increase their understanding of the factors that affect sporting performance and participation. The course looks to equip students with skills and knowledge required for higher education and the world of work.

Entry Requirements:

Candidates should have a genuine interest and high motivation with a proven record in sporting performance. Students will need to be competing or coaching regularly in one sport as they will be assessed in it.

Equally so, candidates will require a solid scientific foundation and should have gained a grade 5 in Science at GCSE level and/or GCSE PE. The study of 'A' Level Biology is an extremely useful accompaniment to this course, but is not essential.

This course is incredibly stimulating but demanding due to its diverse nature of its units and sections. Students must be prepared to be highly motivated both in the classroom and on the field of play.



Course Structure

This is a full A level qualification (This is not an AS level)

70% Exam Assessment 30% Coursework (of which 15% is practical sport)

This is a two year course.

It is delivered over 9 lessons per 2 weeks.

Students are expected to do extra reading and work outside of lessons.

Regular and challenging homework is set.

There are three main theoretical strands to the course.

- 1) Exercise physiology. Students are taught many aspects of this topic. These include how the body works and changes during exercise. Ways of maximising sporting performance are also explored, including training and diet.
- 2) Sports Psychology. In this area we cover how skills are learnt most effectively, how the brain functions during sport, leadership, cohesion, aggression and anxiety plus many other areas.
- 3) Sport in society. In this strand we explore the roots of modern sport and the Olympic Games. We also explore current issues like violence in sport, drug taking, sponsorship and sexism.

Candidates will also be assessed on their ability to perform, analysis and evaluate the execution of core skills /techniques in isolation and structured practice in their chosen sport (selected from a published list)

How May 'A' Level Physical Education Help Me?

This subject is fully accepted by all Higher Education Establishments as an 'A' Level in its own right. However, it is extremely compatible with other subject areas, providing elements of study in Historical, Social, Practical and Scientific areas. It therefore provides a superb accompaniment to other 'A' Levels in preparation for Higher Education and Further Career.

As a subject in its own right, it gives ideal preparation for students wishing to pursue a sport related career, ie. Physical Education teacher or Leisure and Recreational Management. Further Careers Guidance is available for those considering this subject.

For further information or to discuss your suitability for this course please see Mr Graham-Kevan from the PE Faculty.

