

A LEVEL PHYSICAL EDUCATION

The course allows you to pursue your sporting passions by developing a broad theoretical understanding of factors that affect both participation rates within society as well as the performance levels of elite athletes. Paper one of the qualification is based on factors that affect participation; content includes the effect of exercise on a range of body systems, the process of learning new skills and the societal factors that impact upon opportunities that different individuals might be afforded. Paper two is focused on the factors that affect elite performance. This content includes exercise physiology, nutrition, biomechanics, sports psychology as well as the role of technology within professional sport.

Key Facts

Course Duration: 2 Years

Course Contents

There are three main elements to the A level PE: Factors affecting participation in physical activity sport, Psychological and Social Principles of Physical Education, Practical Performance and performance analysis and development.

Students will study the following topics:

- Applied anatomy and physiology
- Exercise physiology and applied movement analysis
- Skill acquisition
- Sport psychology
- Sport and society

The final section of the course, that makes up 30% of the qualification, is the assessment of practical performance and a written coursework that challenges learners to apply their newly developed theoretical knowledge to analyse and evaluate their own performance levels.

For the practical learners will demonstrate and be assessed on Skills performed in one physical activity as a player/performer or as a coach. Learners will also either analyse two components of a physical activity (one physiological component and either a tactical or technical component) or in the role of player/performer or coach analyse, implement and evaluate a Performance Development Programme.

Features and Benefits

The course complements an A level programme for students already training and competing in sport at a high level. Learners will continue to develop their practical sports skills as well as their knowledge of Ana.

Minimum Entry Requirements:

Five GCSEs at grade 4 or above including:

- GCSE English Language – Grade 6
- GCSE Mathematics – Grade 6
- GCSE Double Science – Grades 66
- As practical coursework is a large part of the course (30% of the overall A level), you will need to self-assess and improve your performance. Students therefore need to be training and competing in one sport discipline at county level

Progression Opportunities

Students may progress onto a degree or a degree apprenticeship in the sports and exercise science sector e.g. dietician, physiotherapist or teacher. Degrees in Sport and Exercise Science, Sport Coaching, Sport Management, Physiotherapy, Sport Journalism, Sport Performance, Sport Psychology are all popular choices after this course.