

P hysical Education



A-level Physical Education builds on your experience from Key Stage 4 and GCSE to enhance your knowledge and increase your understanding of the factors that affect performance and participation in Physical Education. This specification gives you the opportunity to explore exciting topics within the field of physical education and sport such as sports psychology, biomechanics, anatomy & physiology and sport & society.

The course has been designed to stretch your thinking around physical and sport beyond that of a performer and will prepare you for a career within the vast sector of sport and exercise science.

Course Outline

Theory (70%)

1. Applied anatomy and physiology
2. Skill acquisition
3. Sport and society
4. Exercise physiology
5. Biomechanical movement
6. Sport psychology
7. Sport and society and the role of technology in physical activity and sport

Practical (30%):

You will be assessed as a performer or coach in the full sided version of one activity. You will also need to produce a written analysis of performance.

Detailed information can be found at:
<http://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582>

Career Progression

The qualification aims to equip you with the skills and knowledge required for higher education or the world of work. The qualification will prepare you for degree subjects such as Sports Science, Sports & Exercise Science, Physiotherapy and Sports Psychology amongst others. You might also consider a career in teaching, coaching, and sports technology or sports biomechanics.

Complementary Subjects

Physics, Biology, Maths, History and Psychology

Entry requirements

Students must have at least a **grade 6** in both GCSE Physical Education and Science [Trilogy Award as a minimum]

What our Students say:

"I was reluctant about doing A-Level PE as I wasn't sure what I could do with it after 6th Form. Now that I'm in it – I cannot believe the world of opportunities it has opened up!"

Chioma – Class of 2018