

Physical Education

Examination Board: AQA

Staff Lead

A Campbell, BA (Hons), PGCE

Why Study Physical Education?

This A level will develop a number of skills due to the diverse nature of the course. Scientific knowledge from Biology will be extended when studying the challenging exercise physiology content during both years. An ability to analyse, discuss and argue is used and improved extensively when studying both the origins of sport and their development in the UK. Furthermore, an interest in the wider sporting world is essential when studying global issues such as World games. Finally, mathematical abilities can continue to be used and improved when undertaking the biomechanical requirement, studying areas such as Newton's Laws and Projectile Motion.

This course studies the wide and varied area of sport. Sport in modern society is a multi-million pound industry that pulls in specialists in an astonishing range of careers. The syllabus covers aspects of performance analysis such as how to optimise the physiology of an athlete by training, perfecting technique through sports mechanics and the vital role that the mind plays through sports psychology. These topics are introduced at a participant level in the first year and then further applied to the elite performer. This course will involve a practical component in the form of producing a video and analysis of the students full sporting performance. It is therefore essential that students are good practical performers in one main sport. This can be in one of the following: Amateur boxing, association football, athletics, badminton, basketball, camogie, canoeing, cricket, cycling, dance, diving, equestrian, gaelic football, golf, gymnastics, handball, hockey, hurling, kayaking, lacrosse,

netball, rock climbing, rowing, rugby league, rugby union, sculling, skiing, snowboarding, squash, swimming, table tennis, tennis, trampolining and volleyball.

Career Paths & Degree Courses

A level Physical Education can be studied as part of a students wider A level programme or because there is an interest in a sport related career. The course provides a useful foundation for degree courses in a wide variety of subjects including: Sport Sciences, Sports Management, Sports Coaching or Teaching, Leisure and Recreation, Sports Development and Sports Administration.

Requirements

At least five 9-4 grades at GCSE, with a minimum average grade score of 4.5. At least a grade 6 at GCSE PE theory component. It is essential that students are currently participating at least at club level outside of school.

Theoretical Content	Practical Content
Applied anatomy and exercise physiology Sports psychology Sport and society and technology in sport Mechanics of movement Skill acquisition Written NEA Coursework (15%) (85% of total marks)	Students ability is assessed as a performer or coach in a fully competitive situation within a sport of their choice. (15% of total marks)