

# Physical Education

**Qualification Level: A Level**

**Qualification Duration: 2 years**

**Exam Board: AQA**

## **Intro:**

A-Level Physical Education delivers a well-rounded and full introduction to the world of PE, sport and sports science, providing a strong base from which to move on to higher education, employment or further training. The emphasis throughout the course is on the development of knowledge, application of knowledge, competence and confidence in a wide variety of skills. You will learn how Physical Education affects and contributes to society and also how to apply your knowledge from this course to any number of different practical situations or career choices.

You will take two written exams at the end of year 13, which are both weighted at 35%. You will be assessed in one sport and complete coursework this is weighted 30% of the A level.

## **Year one content:**

You will study applied **Anatomy and Physiology**; the cardiovascular system, the respiratory system, the neuromuscular system and the musculoskeletal system and analysis of movement in physical activities. **Skill acquisition**; skill characteristics and their impact on transfer and practice, principles and theories of learning and performance. **Sport and society**; emergence of the globalisation of sport in the twenty-first century and the impact of sport on society and of society on sport. **Exercise physiology**; diet and nutrition and their effect on physical activity and performance. Preparation and training methods in relation to maintaining physical activity and performance. **Biomechanical movement**, biomechanical principles and levers. **Sport psychology**; psychological influences on the individual, further psychological effects on the individual, psychological influences on the team. **The role of technology in physical activity and sport**; the role of technology in physical activity and sport.

## **Year two content:**

You will study applied **Anatomy and Physiology**; energy systems. **Information processing**. **Biomechanical movement**; Linear, angular, projectile motion and fluid mechanics. **Sports psychology**; psychology factors that influence individuals. **Sport and society and the role of technology**; ethics, violence, drugs, law, technology and commercialisation.

## **Career and further study:**

PE opens doors to a number of careers and life options. Sport, nutrition and health are huge topics of discussion today, and as the fight against obesity and sedentary lifestyle issues continues, the knowledge you gain from a course such as this will only grow in importance and relevance. A-Level PE enables you to apply for higher education courses in sports science, sports management, healthcare, or exercise and health. It can also complement further study in subjects such as biology, human biology, physics, psychology, nutrition and sociology. A Level PE can open up a range of career opportunities including: sports development, sports coaching, physiotherapy, sports journalism, personal training or becoming one of the next generation of PE teachers. The transferable skills you learn, such as decision making and independent thinking, are useful in any career path you choose to take. Students considering Sports Science degrees should combine PE with at least one science subject.