

Physical Education

Subject outline and progression

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.

Although not necessary to have studied the subject at GCSE, this is **strongly advised** as previously acquired knowledge of examination PE will underpin learning at this level. There is also an increase in the amount of scientific study, together with the inclusion of data analysis requiring mathematical skills.

Exam Board

AQA

A-Level Physical Education

The A-Level Specification content is divided into three components, which you can see below.. Again, each component is further sub-divided into topic areas and the detailed content associated with those topics. This specification is designed to be co-teachable with the stand-alone A/S Level in Physical Education.

Paper 1: Factors affecting participation in physical activity and sport	Paper 2: Factors affecting optimal performance in physical activity and sport	Non-exam assessment: Practical performance in physical activity and sport
<p>What's assessed</p> <p>Section A: Applied anatomy and physiology</p> <p>Section B: Skill acquisition</p> <p>Section C: Sport and society</p>	<p>What's assessed</p> <p>Section A: Exercise physiology and biomechanics</p> <p>Section B: Sport psychology</p> <p>Section C: Sport and society and technology in sport</p>	<p>What's assessed</p> <p>Students assessed as a performer or coach in the full sided version of one activity.</p> <p>Plus: written/verbal analysis of performance.</p>
<p>How it's assessed</p> <ul style="list-style-type: none"> • Written exam: 2 hours • 105 marks • 35 % of A-level 	<p>How it's assessed</p> <ul style="list-style-type: none"> • Written exam: 2 hours • 105 marks • 35 % of A-level 	<p>How it's assessed</p> <ul style="list-style-type: none"> • Internal assessment, external moderation • 90 marks • 30 % of A-level

Skills that will be developed

A-Level PE students develop the ability to demonstrate knowledge and understanding of physical activity, and to apply this to a range of sporting contexts. Analytical and evaluative skills are developed through both written and oral responses.

Careers

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.