

Physical Education (AQA) - A Level

Studying A Level Physical Education will give you a fantastic insight into the amazing world of sports performance. It builds on pupils' experiences from Key Stage 4 to enhance their knowledge and increase their understanding of factors that affect performance and participation in sport from grass roots to elite performance.

Course Content & Assessment

The course is split into two papers

Paper 1

- **Section A:** Applied anatomy and physiology
- **Section B:** Skill acquisition
- **Section C:** Sport and society

Paper 2

- **Section A:** Exercise physiology and biomechanics
- **Section B:** Sport psychology
- **Section C:** Sport and society and technology in sport

You will learn how the body systems respond to exercise, why some people outperform others, both physically and mentally, as well as how best to prepare for and recover from exercise. The course

gives you the opportunity to apply Biomechanical principles of movement to sports performance. You will also delve into societal issues, including violence, hooliganism, sport and the law, sports history as well as the ethical considerations behind the use of drugs and the influence that modern technology is having on sport.

Examinations: Year 13

This qualification is linear. Linear means that students will sit all their exams and submit all their non-exam assessments at the end of the course.

- Paper one 35%
- Paper two 35%
- Non examined assessment; practical performance 15 % & Written analysis 15%
- Practical performances must be from a fully competitive context and video evidence is required. These are internally assessed and then externally moderated.

Future opportunities

A Level Physical Education is an excellent base for a university degree in many subjects, but especially sports science, physiotherapy, sports therapy, exercise and health, healthcare, nutrition, sports management, Physical Education, and can also complement study in biology, human biology, physics, psychology, sociology and many more. Many PE students have gone on to study a range of other degree courses including Law, History, Business Actuarial Science. The transferable skills you learn through your study of Physical Education, such as decision making and independent thinking are also useful in any career path you choose to take. A level PE is considered a Science A level by many universities.

Entry Requirements:

GCSE	Minimum requirement: Grade 5 PE (if studied) and Grade 5s in Sciences, and must be currently playing a competitive sport (please speak to us regarding your competitive sport)
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