

A Level Physical Education

The Course

A Level Physical Education is a 2 year linear course that consists of both practical and examined elements. It is essential that you regularly play in full context competitive sport/performance.

The Content

You will study seven different units of work which will include; Applied anatomy and physiology, Skill acquisition, Sport and society, Exercise physiology, Biomechanical movement, Sport psychology, Sport and society and the role of technology in sport and physical activity.

Theoretical Assessment

Examination 70%.

Students can expect multiple choice and short answer questions along with an extended essay style question for each section covered in the paper.

Paper 1: Factors affecting participation in physical activity and sport
(Applied anatomy and physiology/skill acquisition/sport and society)

Paper 2: Factors affecting optimal performance in physical activity and sport
(Exercise physiology and biomechanics/sport psychology/sport and society and technology in sport)

Practical and Coursework Assessment

Participation in competitive sport 30%.

Students are assessed as a performer or coach in the full sided version of one activity. You will need to collect video evidence of your performance in your sport/activity and carry out a written or verbal analysis.

Subject entry requirements

GCSE PE at grade 5 or above (including in the theory element), regular participation in sport out of school.

Pathways/Careers

Students go on to successfully study or work in many fields, including:

Sports Science	Fitness/Sports Centre employment	Sports Administration
Sports Coach	PE Teacher/Lecturer	Sports Development Officer
Sports Therapy	Physiotherapy	Sports Psychology

Further Information www.aqa.org.uk/subjects/physical-education