

# Physical Education

## Subject Information Sheet

Course Title:	Physical Education
Subject:	Physical Education
Qualification:	A-Level
Exam Board:	AQA
General Course Description	<p>A-level Physical Education builds on students' experience from Key Stage 4 and GCSE to enhance their knowledge and increase their understanding of the factors that affect performance and participation in Physical Education. The qualification aims to equip students with skills and knowledge required for higher education or the world of work.</p> <p>The content addresses many topics such as physiology, psychological and contemporary topics in sport, such as the impact in the use of ergogenic aids, technology and the increasing commercialisation of sport.</p>
Course Content and Teaching Units	<p><b>Year 12</b></p> <ul style="list-style-type: none"> <li>* Applied anatomy and physiology</li> <li>* Skill acquisition</li> <li>* Sport and Society</li> <li>* The impact of sport on society and of society on sport</li> <li>* Exercise physiology</li> <li>* Biomechanical movement</li> <li>* Sports psychology</li> <li>* Sport and society and the role of technology in physical activity and sport</li> </ul> <p><b>Year 13</b></p> <ul style="list-style-type: none"> <li>* Energy systems</li> <li>* Skill acquisition</li> <li>* Exercise</li> <li>* Biomechanical movement</li> <li>* Sports psychology</li> <li>* Sport and society</li> </ul>

	<ul style="list-style-type: none"> <li>* Development of elite performers in sport</li> <li>* Ethics in sport</li> <li>* Impact of commercialisation</li> </ul>
Entry Requirements	Grade 5 or above for GCSE is highly desirable Strong interest in performing regularly at a competitive level
Assessment	<p>Component 1: <b>2hr Written Paper 35%</b> Factors affecting participation in physical activity and sport</p> <p>Component 2: <b>2hr Written Paper 35%</b> Factors affecting optimal performance in physical activity and sport</p> <p>Component 3: <b>Non-exam assessment 30%</b> Practical performance in physical activity and sport.</p>
Financial Information	N/A
Progression Opportunities	<p>Students taking A-Level PE will gain knowledge and skills that cover a wide spectrum of disciplines including anatomy, physiology, psychology, biomechanics and sociology and have gone on to study course such as:</p> <ul style="list-style-type: none"> <li>• Physiotherapy</li> <li>• Teaching</li> <li>• Nursing</li> <li>• Sport and Exercise Science</li> <li>• Sport and Exercise Therapy</li> <li>• Sports Coaching</li> <li>• Youth Sport</li> <li>• Nutrition</li> <li>• Personal Training</li> <li>• Medicine</li> </ul>
Further Information about our courses including results	<p>The course provides students with a wide variety of theory lessons including group and individual work, presentations, active learning and peer teaching.</p> <p>Students find A-Level PE lessons interesting and are taught in a relaxed and professional setting whilst we endeavour to provide students with the tools to develop their Independent learning skills.</p> <p>Students who take A-Level PE will see significant cross curricular links with many other A-Levels including Biology, Psychology and Sociology that will find highly beneficial during their studies and examinations.</p> <p>In 2019 80% of our students passed the course with A*-C grade.</p>

Trips, visits and extra-curricular	As a TASS dual career awarded centre we offer talented athletes additional support – look through the prospectus to find out more All students attend a revision conference and there are coaching opportunities throughout the department.
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