
PHYSICAL EDUCATION

Physical Education draws on well-established areas of study but also takes account of the contemporary view of PE and sport. There are many innovative features of this course. Students have the option to focus on a single physical activity throughout the course. In doing so they can experience and develop an interest in a variety of roles such as performer, official and leader and coach. They are given opportunities to build on their previous experience to enhance their knowledge and increase their understanding of the modern day sporting arena.

Examining Board
AQA

Specification (7582)

ENTRY REQUIREMENTS TO THE A LEVEL COURSE

Please see the Sixth Form Admissions Policy for the entry requirements to this course.

Students should also be actively involved in at least one sport to a representative level and must have shown willingness to represent St Leonard's. Whilst involved with the chosen sport it is essential that you should be assuming two roles from: the performer, leader/coach and umpire.

WRITTEN PAPER

Throughout this two year course, you will develop knowledge and skills to help understand the opportunities for and the effects of leading a healthy and active lifestyle. You will develop an understanding of how an athlete produces optimal performance and the factors which contribute to this.

PAPER 1: FACTORS AFFECTING PARTICIPATION IN PHYSICAL ACTIVITY AND SPORT.

This will be broken down into

1. Applied exercise physiology
2. Skills acquisition
3. Sport & society

Assessment: Written paper 2 hours. (105marks) 35% of A Level.

PAPER 2: FACTORS AFFECTING OPTIMAL PERFORMANCE IN PHYSICAL ACTIVITY AND SPORT.

This will be broken down into

1. Exercise physiology & biomechanics.

2. Sport psychology
3. Sport & society & technology in sport

Assessment: Written paper 2 hours. (105marks) 35% of A Level.

NON EXAM ASSESSMENT: PRACTICAL PERFORMANCE IN PHYSICAL ACTIVITY AND SPORT.

Students will be assessed in one sport in the role of a performer or coach in the fully competitive version of one activity. 90 marks, 30% of A Level.

STUDENT VIEWPOINT

The theoretical component of the course is more heavily weighted than the GCSE course and applicants must fully appreciate that A Level PE is not practically based (hence the requirement to play at least one representative sport). There will be a vast increase in the depth of knowledge required and consistent reading around the subject will be essential.

COMPLEMENTARY SUBJECTS

Physical Education combines with a range of A Level subjects. The Sciences greatly support the Physiological components of the course but it is also the case that a number of students have combined PE with the Arts.

CAREER AND UNIVERSITY OPPORTUNITIES

PE would support an application for a wide range of university courses including Sports Science, Physiotherapy, Teaching, Sports Nutrition and Medicine. As this subject develops transferable skills and the key skills that employers desire it can lead to a wide range of employment opportunities including Recreational Management, Leisure Activities, Armed Forces, and Civil Services.