



A Level Physical Education

AIMS OF THE COURSE

This course builds on the student's 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 looks to equip the students with skills and knowledge required for higher education and the world of work.

COURSE CONTENT AND SKILLS REQUIRED

The specification offers students the opportunity to experience and develop an interest in a variety of roles in sport such as performer and coach.

The content of the course will address current contemporary topics such as the impact of the use of ergogenic aids and technology and the increased commercialisation of sport. The specification also covers a variety of topics within the broad categories of sport psychology, physiology and biomechanics.

Prior experience of coaching would offer a distinct advantage to students, as would an ability to play at least one sport to a high standard.

ASSESSMENT PROCEDURES

Students will sit two written exams and will also be assessed as a performer or coach in a practical activity.

Paper 1: Factors affecting participation in physical activity and sport

- 35% of A Level
- 2 hour written examination
- 105 marks
- Section A: Applied anatomy and physiology
- Section B: Skill acquisition
- Section C: Sport and society
- Each section is worth 35 marks and includes multiple choice, short answer and extended writing questions.

Paper 2: Factors affecting participation in physical activity and sport

- 35% of A Level
- 2 hour written examination
- 105 marks
- Section A: Exercise physiology and biomechanics
- Section B: Sport psychology
- Section C: Sport and society and technology in sport
- Each section is worth 35 marks and includes multiple choice, short answer and extended writing questions.

Non-exam assessment: Practical performance in physical activity and sport

- 30% of A Level
- Internal assessment, external moderation
- 90 marks
- Students are assessed as a performer or coach in the full sided version of an activity from the approved list.
- Students will also be required to produce a written/verbal analysis of performance

CAREER OPPORTUNITIES

The course is perfect for anybody wishing to pursue a career in the sport or leisure industry and also provides a knowledge base for anybody wishing to study a sport-related degree at university.

COURSE ENTRY REQUIREMENTS

In addition to the minimum entry requirements for Level 3 academic study, students are required to have a grade 6 in GCSE PE or a Merit in CNAT Sport. Please note that due to the high theory weighting at A Level, it is strongly recommended that students have achieved at least a grade 6 in the theory element of their GCSE and are not over-reliant on their strong practical skills supporting their overall grade 6.

For further information visit: www.aqa.org.uk