Course Description

Physical Education

Aims of the Subject

- To focus on participation and performance in physical activity as part of a balanced, active and healthy lifestyle.
- To build upon the students' knowledge, skills and understanding developed in GCSE PE
- To gain greater understanding of contemporary topics in sport
- To prepare students with the study skills to be successful in higher education

Study Requirements

To be successful on this course, students must:

- Be competing regularly in a fully competitive sport (as recognised on the AQA PE specification) at a high level.
- Have the capacity to film these competitive matches/competitions.
- An excellent attendance and punctuality for lessons
- An enthusiastic, organised and committed approach in lessons
- A conscientious and dedicated approach to independent study in their own time and in meeting task deadlines
- A commitment to devote sufficient time to independently improving their ability as a performer/leader/coach

Additional Information

Students with Advanced level Physical Education have access to a wide range of possible career and higher education opportunities. The skills learnt include collecting, analysing and interpreting data, communicating findings in different ways, and identifying and developing the links between different parts of the subject. These transferable skills are in great demand by employers, universities and colleges. It supports applications for a wide range of university courses such as sports science, sports coaching and medicine, physiotherapy, teaching, recreation and leisure studies and there are many new and exciting courses related to sport throughout higher education. The course is made up of the following sections:

- Applied Anatomy and Physiology
- Skill Acquisition
- Sport and Society
- Exercise Physiology
- Biomechanical Movements
- Sports Psychology
- Role of technology in sport
- NEA (Non- Exam Assessment)- Practical Performance and Coursework

The students are examined via coursework (30%) and 2 written examinations at the end of the year worth 35% each.

Entry Criteria

GCSE Grade 6 or above in Physical Education. Students **MUST** be playing one sport on a regular basis at a competitive club standard (equivalent) or above. The PE Department should be consulted on this prior to the course commencing to check eligibility for the practical element. Grade 5 or above in both Science and English.

Exam Board: AQA
Specification link: https://www.aqa.org.uk/subjects/physical-education/a-level/physical-education-7582/specification/specification-at-a-glance

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