

A-Level Physical Education

What is Physical Education?

Physical education is an A-Level course that combines practical sporting ability with theoretical knowledge and understanding of the world of sport.

Why study Physical Education?

Do you enjoy sport?
Do you like debating topical sporting issues?
Are you interested in learning about how the body works?
Then this is an A-Level subject for you.

What makes a successful Physical Education student?

A successful Physical Education student will be either strong as a practical performer or as a coach in one main sport and have an interest in different aspects of sporting performance. Traits of previously successful students include organisation, discipline and confidence, is this you?

To study this course, what qualifications will I need and in which subjects?

A grade 5 in GCSE Physical Education

What is the structure of the course?

A Level Units
Unit 1: Physiological Factors Affecting Performance Anatomy and physiology, exercise physiology and biomechanics
Assessment: Exam (90 Marks; 120 Mins Exam) Percentage of overall A Level qualification = 30%
Unit 2: Psychological Factors Affecting Performance Skill acquisition and sports psychology
Assessment: Exam (60 Marks; 60 Mins Exam) Percentage of overall A Level qualification = 20%
Unit 3: Socio-Cultural Issues in Physical Activity and Sport Sport & society and contemporary issues in physical activity
Assessment: Exam (60 Marks; 60 Mins Exam) Percentage of overall A Level qualification = 20%
Unit 4: Performance in PE Practical or Coaching performance and EAPI
Assessment: Practical Performance & EAPI (60 Marks) Percentage of overall A Level qualification = 30%

What opportunities are there for me to study beyond the classroom?

Students are expected to compete regularly in one of the approved sporting activities and maintain a log of their participation throughout the course.

What kind of career does this subject/qualification prepare me for?

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| ✓ Physiotherapist | ✓ Sports Journalist | ✓ Sports Development |
| ✓ PE Teacher | ✓ Sports Psychologist | ✓ Dietician |
| ✓ Personal Trainer | ✓ Sports Kinesiology | ✓ Sports Coach |