

Physical Education

Students can progress from this qualification to higher education courses, such as degrees in Sport Science or in related subjects such as Sports Coaching, Strength & Conditioning, Physiotherapy and Biology.

Content of Course

- Paper 1: Factors Affecting Participation in Physical Activity and Sport
- Paper 2: Factors Affecting Optimal Performance in Physical Activity and Sport

Paper 1:

- Section A: Applied Anatomy & Physiology. Students should develop knowledge and understanding of the changes within the body systems prior to exercise, during exercise of differing intensities and during recovery. Students should be able to interpret data and graphs relating to changes within the musculoskeletal, cardio-respiratory, and neuro-muscular systems and the use of energy systems during different types of physical activity and sport, and the recovery process.
- Section B: Skill Acquisition. This section focuses on how skill is acquired and the impact of psychological factors on performance. Students should develop knowledge and understanding of the principles required to optimise learning of new, and the development of existing, skills in a range of physical activities. Students should be able to understand and interpret graphical representations associated with skill acquisition theories.
- Section C: Sport and Society. Students should develop knowledge and understanding of the interaction between, and the evolution of, sport and society. Students should be able to understand, interpret and analyse data and graphs relating to participation in physical activity and sport.

Paper 2:

- Section A: Exercise Physiology and Biomechanics. Students should understand the adaptations to the body systems through training or lifestyle, and how these changes affect the efficiency of those systems.
- Section B: Sport Psychology. In this section students will develop knowledge and understanding of the role of sport psychology in optimising performance in physical activity and sport. Students should be able to understand and interpret graphical representations associated with sport psychology theories.
- Section C: Sport and Society and the Role of Technology in Physical Activity and Sport. Students should develop knowledge and understanding of the interaction between, and the evolution of, sport and society and the technological developments in physical activity and sport.

Assessments

- Paper 1 (35% of A-Level) 105 marks – 2 hours
- Paper 2 (35% of A-Level) 105 marks – 2 hours
- Non-Examined Assessment (30% of A-Level) 90 marks
- Students assessed as a performer or coach in the full sided version of one activity.
- Plus: Written/Verbal analysis of performance.

Progression

Sport Scientist, Physiotherapy, Sports Coach, PE Teacher, Strength & Conditioning or Sports Lecturer