Physical Education

Entry requirements: A minimum grade 5 in GCSE Physical Education if studied
Examination Board: AQA
Grades awarded: A* - E
Assessment: Examinations 70% / Non-Examined Assessment (NEA) 30%

To study A level Physical Education, students should relish the prospect of developing a greater understanding of Sports Science and Sports Psychology, as well as having a keen interest in studying the impact sport has on today’s society. The entire course is delivered through theory based lessons and will give students the opportunity to learn about how the human body aids elite performance, the sociology of sport and investigate the significant impact of psychology on sporting performance.

You will also develop your understanding of the relationship between physical performance, human anatomy and the ‘psyche’ of sports performance and be taught how to apply this to your own sporting discipline. As such, you are required to be actively involved in training and competing at a high standard in at least one sport and you will be expected to do so for the duration of the course. You will not have practical based lessons as the assessment of your sporting performance will be acquired through detailed video footage of you in competitive situations.

As a subject it will support degrees and future career paths in Sports & Exercise Science, Physiotherapy, Teaching & Sports Coaching, as well as Nutrition and Performance. It is also classified as a science subject for many degree courses such as Psychology.

Paper 1: Factors affecting participation in physical activity and sport
Applied Anatomy and Physiology
Skill Acquisition
Sport and Society

Paper 2: Factors affecting optimal performance in physical activity and sport
Exercise Physiology & Biomechanics
Sports Psychology
Sport and Society and Technology in sport

Non-Exam Assessment (Internal assessment/external moderation)
Students will be assessed as a performer in one sport and produce a written analysis of performance linking theoretical knowledge from areas of study.