



Physical Education A Level (AQA)

Why study this subject?

Do you actively take part in sport to a good standard and do you have a passion for sport and its science and philosophy? The A Level PE specification provides breadth and balance, giving students the chance to study a wide array of theoretical areas that underpin Physical Education, whilst also getting the chance to experience and develop an interest in a variety of roles and activities. The specification allows students to build on their knowledge from previous study and learn about factors that optimise performance with focuses on 6 key areas; anatomy and physiology, skill acquisition, sport and society, exercise physiology and biomechanics, sports psychology and sport, society and technology. The course will enhance students' existing interest in sport as well as further develop the understanding of scientific related components of sport and contemporary issues in technology and in the media.

Entry Requirements

Please see the entry requirements page on the school website.

Level 5 or above in science and PE.

You need to be currently training and competing in your sport regularly competing for a club/team outside of school and will need this for their practical assessment. Video evidence in a full competitive context will be required on starting the course

Content

You will follow a two year A Level course which consists of six units:

- **Paper 1: Factors affecting participation in physical activity and sport**
Students will complete a two hour written exam, assessing Applied Anatomy and Physiology; Skill Acquisition; and Sport and Society
- **Paper 2: Factors affecting optimal performance in physical activity and sport**
Students will complete a two hour written exam, assessing Exercise Physiology and Biomechanics; Sport Psychology; Sport and Society and Technology in Sport
- **Practical performance in physical activity and sport**
Students will be assessed as a performer or coach in the full sided version of one activity and also complete a written analysis of performance.

Future courses and possible careers

Students have gone on to study Physiotherapy, Medicine, Biochemistry, Physical Education Teaching, Radiotherapy, Personal Training, Sports Coaching, Sports Development and Sports Journalism.