



PHYSICAL EDUCATION A-LEVEL

WHY SHOULD I STUDY A-LEVEL PHYSICAL EDUCATION?

A Level PE is an academically rigorous and stimulating course for those interested in both sports performance and bodily adaptations to exercise. It is a very well-rounded course that also encapsulates the sociological and psychological concepts involved in contemporary issues, such as drug taking and the impact of sports agents and sponsorship.

WHAT WILL I LEARN ABOUT?

The course is broken down into seven broad sections, including Applied Anatomy and Physiology, Skill Acquisition, Sport and Society, Exercise Physiology, Biomechanical Movement, Sport Psychology and the Role of Technology in Sport. These topics inevitably intertwine in areas and we encourage pupils to think about the course as one broad topic. Further to this, pupils will complete an Analysis of Performance in a sport of their choice where they will be expected to produce a presentation on their perceived strengths and weaknesses by drawing on aspects of the course. Beyond the theoretical content, pupils will have the opportunity to take their knowledge into the 'real world' will visits to Loughborough University and the Surrey High Performance Institute where they can apply some of the learnt concepts into sports specific scenarios.

HOW WILL I BE ASSESSED?

Pupils will be assessed in two theory papers (35% each) as well as a practical performance (30%). The practical performance incorporates the Analysis of Performance assessment as well as physical performance levels.

WHAT SKILLS WILL I DEVELOP?

Pupils will learn how to combine the broad topics that are covered and critically use the knowledge to evaluate their own performance in order to improve their capabilities. This involves skills in analysing and interpreting data and information as well as developing their presentation and communication skills.

WHERE COULD THIS SUBJECT TAKE ME IN THE FUTURE?

This course is well placed to provide a foundation for studies in any sports related university course. It also provides a great supplement to those interested in studying any other Sciences at university as it provides opportunities to apply psychological, biological, sociological, technological concepts to their chosen Science, for example.

Exam Board: AQA

