

PHYSICAL EDUCATION

WHY CHOOSE PHYSICAL EDUCATION?

If you are interested in all aspects of sport, health and fitness, then this is the course for you. Not only do you have the opportunity to benefit from your sporting talents, but you also learn to analyse and evaluate performances so that you can improve further, both as a performer and a coach.

The theory section will help you to develop your knowledge and understanding in many aspects relating to physical activities, including anatomy and physiology, biomechanics, psychology, sociology, history, technology and current affairs. Plus learn how to apply this knowledge to your sport and fitness and its implications for a healthy lifestyle.

COURSE DETAILS

A Level structure for the two year course:

There are four components:

1 Physiological Factors Affecting Performance:

Theory unit worth 30% (90 marks) of overall A Level – 2 hour written paper

- Applied anatomy and physiology
- Exercise physiology
- Biomechanics

2 Psychological Factors Affecting Performance:

Theory unit worth 20% (60 marks) of overall A Level – 1 hour written paper

- Skill acquisition
- Sports psychology

3 Socio-Cultural Issues in Physical Activity and Sport:

Theory unit worth 20% (60 marks) of overall A Level – 1 hour written paper

- Sport and society
- Contemporary issues in physical activity and sport

4 Performance in Physical Education:

Practical unit worth 20% (60 marks) of overall A Level – Non exam assessment

- Performance of Coaching in one chosen activity
- Evaluation and Analysis of Performance for Improvement (EAPI) in one chosen activity

COURSE REQUIREMENTS

A-B grade GCSE Physical Education, plus Biology is beneficial.

The ability to perform well in one chosen activity from the approved list.

Enjoyment of sport!

RELATED SUBJECTS

Biology, Psychology, Sociology, History, Chemistry, Food Technology.



RELATED CAREERS

Any careers involving sports, health and fitness, healthy lifestyle, leisure and recreation, sports teaching and coaching, sports & leisure management, physiotherapy, psychology, sports science, sports injuries, sports nutrition, sports journalist, emergency services; police, fire service and paramedics.

FURTHER INFORMATION

Most lessons will be theory-based. Students will be expected to practise their practical activities outside of lesson time.

