

# A Level PE

Sport and Fitness is a huge industry. If you're keen on sport you can make a healthy living from your passion. Whether that's working for a football club, as a personal trainer at the local gym, or training to be a physiotherapist, there are lots of opportunities. If you want a career in Physical Education, you might also consider courses like Human Biology or Psychology. Whatever your career ambition, if you are passionate about sport, this course is great to take alongside other subjects.



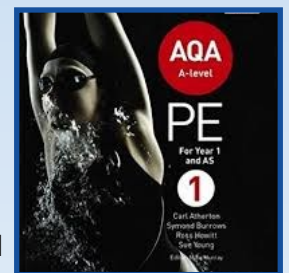
## Course Outline

### Two Examinations (70% of A-Level)

#### **Paper 1: Factors affecting participation in physical activity in sport**

Written exam: 2 hours, 105 marks, 35% of A-Level.

- **Section A: Applied Anatomy and Physiology** Includes a range of topics such as the skeletal and muscular systems, the cardiovascular and respiratory systems in relation to the performance of physical activity and the energy systems of the body.
- **Section B: Skill Acquisition** Includes a range of topics such as classification of motor skills, types and methods of practice, stages of learning and memory models.
- **Section C: Sport & Society** Includes a range of topics such as pre -industrial Britain; rational recreation in post-industrial Britain and sociological theory applied to equal opportunities.



#### **Paper 2: Factors affecting optimal performance in physical activity in sport**

Written exam: 2 hours, 105 marks, 35% of A-Level.

- **Section A: Exercise Physiology and Biomechanics** Includes a range of topics such as injury prevention and nutrition and training methods. This then moves onto cover topics such as linear and angular motion, fluid mechanics and projectile motion.
- **Section B: Sports Psychology** Includes a range of topics such as: personality, motivation, arousal, groups and teams and stress management to optimise performance.
- **Section C: Sport and Society and the Role of Technology in Physical Activity and Sport** Includes a range of topics such as elite performers, ethics, violence, drugs, sport and law, commercialisation and media and modern technology in sport.



### Non-Exam Assessment - Coursework (30% of A-Level)

Internal assessment and external moderation, 90 marks. A-Level PE coursework is split into two parts:

- **Performance** – Performance or Coaching in the full sided version of ONE activity.  
**Analysis of Performance** – Students analyse and evaluate the performance of a player. This can be their own or of another. This task will be completed in written format via a series of homework tasks.



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## Activity list for coaching and performance

Boxing, Football, Athletics, Badminton, Basketball, Canoeing, Cricket, Cycling, Dance, Diving, Golf, Gymnastics, Handball, Hockey, Equestrian, kayaking, Lacrosse, Netball, Rock Climbing, Rowing, Rugby, Skiing, Snowboarding, Squash, Swimming, Table Tennis, Tennis, Trampolining, Volleyball

## Skills Developed

The course develops a range of practical, theoretical and analytical skills which is used to enhance the performance of the individual.

## Progression Routes—What's in it for me?

A wide range of careers in sport including: nutritionist, physiologist, physiotherapist, teacher, fitness professional, sports development officer, outdoor education instructor, sports psychologist and sport coach.

## What Other Subjects Work Well with PE?

A-Level PE combines well with a wide range of other subjects, including Biology and Psychology.

## Frequently Asked Questions

### How much practical activity is there?

Very little, the course is mainly theory based.

### Do I need to have taken GCSE PE?

No. The course will be new to everyone, although GCSE PE would be beneficial.

### What are the Entry requirements?

Route Requirements + GCSE 5 in PE + GCSE 6 in a Science subject

### Do I need to be good at sport?

Students taking PE must be able to perform sufficiently well in ONE practical activity. It is expected that all students must be performing regularly in structured competition.



## For further information please contact:

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