

A Level Physical Education

What the course covers

Physical Education is a multidisciplinary A Level, it brings together anatomy and physiology, exercise physiology, biomechanics, sports psychology, sociology, history and technology. If you have a genuine interest in sport and like to analyse the world's top players and teams, this could be the course for you.

The diverse nature of this subject means that it complements many subjects. It demonstrates knowledge in an array of sport-related disciplines and the nature of the work develops observation and analysis skills, as well as physical ability.

The assessment for A Level PE is 70% examination and 30% practical assessment. For that reason, the delivery is split in a similar fashion, with most lessons being traditional classroom-based theory lessons and a small proportion being practical lessons.

On the course, you will study a wide range of topics, including applied anatomy and exercise physiology, biomechanical movement, skill acquisition, sports psychology, sport and society, and the role of technology in physical activity and sport. Within each area, there are many different topics that will be studied and applied to the study of Physical Education and elite level sport.

You will learn about how the body responds to exercise and physical activity, what factors might hold back an athlete and how appropriate training can improve performance, as well as how a person's way of thinking might affect their performance and how they can use psychological skills to improve it. You will also learn how to apply the laws of physics to human biological systems.

The complete specification can be viewed on the AQA website. www.aqa.org.uk

What students can do with this course

A Level Physical Education is a recognised entry qualification to higher education. The course is often taken by students who progress to university and study degrees in Teaching, Business, Sports Science, Coaching and Physiotherapy.

How this course is assessed

70% Examination - assessed by two written examinations

Paper 1: Factors affecting participation in physical activity and sport

A 2 hour 105 mark paper that contributes 35% towards your overall A Level. This paper has three sections, each with multiple choice, short answer and extended writing questions:

Section A: Applied anatomy and physiology

Section B: Skill acquisition

Section C: Sport and society

Paper 2: Factors affecting optimal performance in physical activity and sport

A 2 hour 105 mark paper that contributes 35% towards your overall A Level. This paper has three sections, each with multiple choice, short answer and extended writing questions:

Section A: Exercise physiology and biomechanics

Section B: Sport psychology

Section C: Sport and society and technology in sport

30% non-exam assessment: Practical performance in physical activity and sport

Students are assessed as a performer or coach in the full sided version of one activity. In addition there is a written or verbal analysis of performance.

Entry requirements

All our course entry requirements are detailed in the Entry Requirements document located in the admissions section of our website.