

Physical Education

A LEVEL - AQA

What are the aims of the course?

A Level Physical Education builds on students' experience from Key Stage 4 and GCSE to enhance their knowledge and increase their understanding of the factors that affect performance and participation in Physical Education. The qualification aims to equip students with skills and knowledge required for higher education or the world of work.

What does it involve?

This two year course comprises two components: theory (70%) and practical (30%). The theoretical element contains six modules:

- Applied Anatomy and Physiology
- Skill Acquisition
- Sport and Society
- Exercise Physiology & Biomechanical Movement
- Sport Psychology
- Sport and Society and the Role of Technology in Physical Activity and Sport

In the practical element, students are required to demonstrate their ability as a performer or coach in one activity. Students are also required to produce a written or verbal piece of coursework, demonstrating their ability to evaluate, appreciate and plan for improvements of performance, covering areas for development within their chosen practical activity.

How is it assessed?

Paper One

2 hours

- Section A: Applied Anatomy and Physiology – multiple choice, short answer and extended writing (35 marks)
- Section B: Skill Acquisition – multiple choice, short answer and extended writing (35 marks)
- Section C: Sport and Society – multiple choice, short answer and extended writing (35 marks)

Paper Two

2 hours

- Section A: Exercise Physiology and Biomechanics – multiple choice, short answer and extended writing (35 marks)
- Section B: Sport Psychology – multiple choice, short answer and extended writing (35 marks)
- Section C: Sport and Society and Technology in Sport – multiple choice, short answer and extended writing (35 marks)

Practical

90 marks

Students are internally assessed and externally moderated on their performance and their written/verbal analysis.

Are there any specific entry requirements?

Although GCSE Physical Education will give a good foundation for the A Level course, it is not a necessity.

It is necessary for students to be participating in one sport at a good level i.e. School First Team/Club/County/National.

Why is it a useful qualification?

A Level Physical Education is beneficial to students considering the following careers:

- Higher education degree courses
- The Police Force
- Armed Forces
- Leisure and recreation management
- Physiotherapy and nursing
- A sporting career

