

# Physical Education

You will study how humans physically and mentally learn how to perform in a sporting situation and how coaches can use this information to optimise athletes' training and performances.

These theory components are worth 70%. It is important to understand that this new exam course places far greater emphasis on the theory elements. Therefore, whilst students are guided through the practical component, it will be assessed outside of lesson time. Students will be required to collect film evidence of their performances within formal, recognised competitions (eg. Club training is not permitted as film evidence).

Students will also need to be aware that the new approved list of sports has been reduced from previous exam courses so it is important that they check their sport is included.

## HOW WILL I BE ASSESSED?

**Paper 1** – 35 % of A Level (2 hours)

- Section A: Applied anatomy and physiology
- Section B: Skill acquisition
- Section C: Sport and society

**Paper 2** – 35 % of A Level (2 hours)

- Section A: Exercise physiology and biomechanics
- Section B: Sport psychology
- Section C: Sport and society and technology in sport

**Practical coursework** – 30% of A Level

- Filmed performance in a fully competitive, formal competition in one approved activity – 15%
- Written / Verbal analysis of performance – 15%

## HOW WILL I BE TAUGHT?

Because of the greater emphasis on theory, lessons are classroom based with one lesson a week allocated to each of the three strands of theory.

You will be taught using a range of methods from textbooks to online materials and self-study. Internal examinations and the use of past paper materials will also be used.

## WHY STUDY IT?

The Physical Education A Level has strong links with Psychology, Biology and Sociology, and many students benefit from studying one or more of these areas.

Advanced Studies in PE are among the very versatile due to the three differing theory components. Studying the subject gives the potential to lead into a wide and varied range of university and career opportunities.

These include the following areas:

Teaching and Coaching, Sports Science, Physiotherapy, Sports Therapy, Psychological Studies, Leisure Management, Biology, Medicine.

A Level

Board: AQA

2 Year Course

## ENTRY REQUIREMENTS

Our entrance requirements are 6 GCSE/ BTEC passes at Grade 4 (or equivalent) or above. It is also desirable for students to achieve a Grade 5 or above in the subject (or related subjects) that they wish to study at Sixth Form.

## FOR MORE INFORMATION ON THIS SUBJECT

It is essential that you discuss your subject choices fully with teachers and parents.

The subject page is available to view below.



Contact Mr Simmons  
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