A Level Physical Education

Exam board and specification: AQA (7582)

What you need to study this course: Grade 6 in PE, Grade 6 Science

Why you should consider this course

A Level Physical Education (PE) is an academic, science-based subject that blends theoretical knowledge of the body and mind with practical performance. It is ideal for passionate sportspeople interested in physiology, psychology, and sociology.

What you will study

Year 12: Applied Anatomy and Physiology, Skill Acquisition, Sport and Society, Practical & NEA

Year 13: Exercise Physiology and Biomechanics, Sport Psychology, Sport and Society and Contemporary Issues

How you will be assessed:

Exam Papers:

Paper 1: Applied Anatomy and Physiology, Skill Acquisition and Sport and Society- **2 hours- 105 marks (35%)**

Paper 2: Exercise Physiology and Biomechanics, Sport Psychology, Sport and Society and Contemporary Issues **2 hours – 105 marks (35%)**

NEA- Practical Performance and Written Analysis. One sport performer or coach. **90 marks (30%)**

All exams will assess you on:

AO1 (Knowledge & Understanding): Recalling key concepts and principles.

AO2 (Application): Applying knowledge to real-life sporting scenarios.

AO3 (Analysis & Evaluation): Critically evaluating factors affecting performance.

Where can it take you?

Study A level PE

A level Physical Education (PE) prepares students for diverse careers in sports science, healthcare, management, and education, including roles like physiotherapists, coaches, sports psychologists, or PE teachers. It provides a foundation for university degrees in sports science, coaching, and nutrition, while building transferable skills in analysis, decision-making, and psychology useful in any industry.

Studying A-level PE gives you exciting career options, including:

- Sports Scientists
- Physiotherapists
- Sport Coaching
- Sport Nutrition
- Sport psychology

A Level Physical Education Alumni Destinations: