



PHYSICAL EDUCATION

Exam Board: AQA

Why should I study the course?

The aim of A Level Physical Education is to encourage students to become increasingly physically competent. It enables students to maintain and develop their involvement and effectiveness in physical activity and to be informed and discerning decision makers, who understand how to be involved in physical activity throughout life.

A level Outline

Students further develop their understanding of 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. Candidates will be given the opportunity to utilise their own knowledge and understanding developed during the course to improve their own personal performance, as a practical performer or coach. There are 4 aspects of the course:

AO1: Demonstrate knowledge and understanding of the factors that underpin performance and

involvement in physical activity and sport.

- AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

- AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.

- AO4: Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.

Assessment objectives (AOs)	Component weightings (approx %)			Overall weighting (approx %)
	Paper 1	Paper 2	Non based Exam Assessment	
AO1	10–13	10–13	0	22–25
AO2	10–13	10–13	0	22–25
AO3	10–13	10 –13	0	22–25
AO4	0	0	30	30

How is the course assessed?

1. Paper 1 – Factors affecting participation in physical activity and sport

This is a 2hrs exam that makes up of 105 marks and 35% of your overall grade. There are 3 sections and it is a combination of multiple choice, short answer and long answer questions. The topics you will be tested on are:

- Applied anatomy and physiology, **Section A**
- Skill acquisition, **Section B**
- Sport and society, **Section C**
- Biomechanical movement,
- Sport psychology,
- Sport and society and the role of technology in physical activity and sport.

2. Paper 2 - Factors affecting optimal performance in physical activity and sport

This is a 2hrs exam that makes up of 105 marks and 35% of your overall grade. There are 3 sections and it is a combination of multiple choice, short answer and extended answer questions. The topics you will be tested on are:

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

3. Non-exam assessment: Practical performance in physical activity and sport.

Students assessed as a performer or coach in the full sided version of one of the following activities:

Amateur Boxing	Association Football	Athletics	Basketball	Badminton	Camogie
Canoeing	Cricket	Cycling	Dance	Hurling	Diving
Gallic Football	Golf	Gymnastics	Handball	Hockey	Equestrian
Kayaking	Lacrosse	Netball	Rock Climbing	Rowing	Rugby League
Rugby Union	Sculling	Skiing	Snowboarding	Squash	Swimming
Table Tennis	Tennis	Trampolining	Volleyball		

Plus:

written/verbal analysis of performance, this is an internal assessment that is externally moderated and students will be filmed at various times throughout the year. It is graded out of 90 marks and is with 30% of your overall grade.

What career opportunities will I have?

A Level PE is an entry requirement for sports related degrees such as Sports Science, Sports Coaching, Sports Journalism, Physiotherapy, Sports Marketing and Physical Education teaching courses. It can also be used as entry to wide range of other degrees.

Further career opportunities include; Leisure Management, Sports Development and Local Government.

Entry requirements

Physical Education

The minimum requirement for A Level Physical Education is a grade B at GCSE PE or a Distinction at BTEC Sport Diploma and grade B in GCSE Science. A GCSE grade B in Biology would be very beneficial for applicants.

You will also be expected to play for a sports club outside of school for the duration of the course.