Physical Education A Level

Features of the Course:

Muscular skeletal system, neuromuscular system, cardiorespiratory system and cardiovascular systems, energy systems: fatigue and recovery, diet and nutrition and their effect on physical activity and performance, preparation and training methods in relation to maintaining and improving physical activity and performance, injury prevention and the rehabilitation of injury, linear motion, angular motion, projectile motion, fluid mechanics, the classification and transfer of skills, learning theories and memory models in sport, the factors leading to the emergence and development of modern day sport, globalisation and commercialisation of sport, ethics and deviance in sport, development routes from talent identification through to elite performance, participation and health of the nation, the relationship between sport and the media.

Units

Component 1: Scientific Principles of Physical Education (9PE0/01)

- Applied anatomy and physiology
- Exercise physiology and applied movement analysis

Component 2: Psychological and Social Principles of Physical Education (9PE0/02)

- Skill acquisition
- Sport psychology
- Sport and society

Component 3: Practical Performance (9PE0/03)

Skills performed in one physical activity as a player/performer or coach

Component 4: Performance Analysis and Performance Development Programme (9PE0/04)

In the role of player/performer or coach, analyse two components of a physical activity – one physiological component and **either** a tactical **or** technical component

Methods of Assessment:

A Level Component 1 – written examination, 2 hours and 30 minutes
A Level Component 2 – written examination, 2 hours
A Level Components 3 and 4 – non-examined assessments: internally assessed, externally moderated