Physical Education A Level

Course Description:

A Level Physical Education is not merely GCSE taken to a higher level. It allows you to delve deeper into the role of physical activity as part of a healthy, active lifestyle. It also allows you to assess your levels of performance and devise ways of improving both your techniques and performance levels.

Qualifications Required:

Minimum entry requirements apply. Grade 5 in PE or a strong Pass in a Vocational Level 2 Sports based course and Grade 5 in a Science. You must also be a regular participant of sports outside of school and perform at a good standard, ideally County level or above.

Aims of the Course:

You will have the opportunity to be assessed in your one specialist sport as either a performer or coach. In addition, you will learn about sport, from grass roots to elite level, and the development of competitive sport in the UK, and across the world. Healthy lifestyles, fitness, diet and training, as well as preparing for practical sports performance through the use of sports psychology, are also covered extensively.

Future Prospects:

Students who complete this course could move on to several sport related courses at university, including Sports Science, Sport and PE, PE teacher training, Physiotherapy, Sports coaching, Sport Journalism and Personal Training to name a few.

Student Feedback:

‘It has been really useful as a balance to my other subjects.’
‘PE has gone well with studying science: I want to use these in my future career.’

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