

PHYSICAL EDUCATION

COURSE OUTLINE:

Exam Board: AQA

Students will study a variety of theoretical topics about being physically active. This is then combined with a practical performance to give them an overall grade. The course is now a linear course, meaning that all assessments will occur at the end of the course after concluding their two years of learning. However there will be regular assessments and progress tests to ensure there is adequate development to certify the best possible grades. In the A-level qualification there will be two exams worth 35% each then the practical and written evaluation of performance making the remaining 30%. It is expected that all candidates are performing competitively or coaching/officiating at a high level outside of school in order to achieve good marks in the practical assessment as the practical element of the course is assessed but will not be formally taught during curriculum time. Over the course of the first year you will learn three modules for paper one; anatomy and physiology, skill acquisition and sport and society. In the second year you will be taught the modules of exercise physiology and biomechanics, sports psychology, sport and society and technology in sport for paper two.

SKILLS REQUIRED:

- Playing a sport to a high level outside of school
- Completed Physical Education at GCSE Level
- Attained at least a 5 in both the theory and practical elements of GCSE PE
- A highly motivated and independent student, who understands the demands of A-Level studies
- A genuine interest and good ability in Physical Education
- An interest in how the body and mind reacts under pressure to different sporting situations
- A curiosity into the psychology, history and current topics and concepts that support sport
- A desire to work in the leisure, education, physiotherapy or sports management industry
- Research and analytical skills
- Ability to contribute to discussion and debates around different sporting examples

FUTURE OPPORTUNITIES:

This qualification could prepare you for careers and further educational qualifications in: University to study a variety of sports degrees (sports science, sports psychology, physiotherapy, PE Teacher); Coaching qualifications; Leadership and management in Leisure; Elite Sports Training; Fitness or Personal Training Qualifications; Sports Coach; Armed Forces.

