

# A LEVEL PHYSICAL EDUCATION



## Course description

Awarding Body: AQA

### Examinations

- Paper 1: Factors affecting participating in physical activity and sport (Applied anatomy and Physiology, Skill acquisition and Sport and Society) 35%
- Paper 2: Factors affecting optimal performance in physical activity and sport (Exercise physiology and biomechanics, Sport psychology and Sport and society and technology in sport) 35%

### Non Examined Assessment

- Physical Performance in physical education and written analysis and evaluation (practical 30%)

## Course content

Physiological factors affecting performance, focuses on developing the learner's knowledge of the science behind physical activity. Through the study of this component, learners will gain a deeper understanding of key systems in the body and how they react to changes in diet and exercise. They will also study the effects of force and motion on the body and how these effects can be used in physical activities to our advantage.

The unit of 'Psychological factors affecting performance' focuses on models and theories that affect learning and performance in physical activities, how different methods of training and feedback work and why their effectiveness differs from person to person.

Socio-cultural issues in physical activity and sport are studied to explore influences upon and of physical activity and sport for both the audience and the performer and how sport affects society. The impact of the modern Olympic Games will be understood as well as the impact on society of hosting global sporting events. The ever-evolving modern technology and its influence on sport performers and spectators will be understood and practical examples will be used by learners to show the effect of modern technology.

For the practical element of the course, learners are internally assessed through the NEA in one practical activity (either performing or coaching one chosen activity from the approved lists) and the Evaluation and Analysis of Performance for Improvement.

## Entry requirements

To be accepted onto this course, students need GCSE 7 or above in Physical Education. a strong commitment to extra-curricular activities offered by the PE Department is desirable and students should be representing school teams in at least one sport. It is highly recommended that external clubs are attended in addition to this.

## Future opportunities

Physical Education is now widely accepted as an entry qualification for most subjects at university and is particularly useful for psychology, physiotherapy, teaching, recreational management, sports science and the leisure industry. Sport, nutrition and health are huge topics of discussion in the world today, and as the fight against obesity and sedentary lifestyle issues continues, the knowledge you gain from A-Level PE will only grow in importance and relevance. Students also have the opportunity to represent their house as a Sports Captain, performers in a range of sports and teams, and lead sports activities in the CSLA Level 2

## Further information

The course is supported by a main textbook for all the modules plus specialist books and materials in the library for wider reading and research by the students. Experiments, investigations and practical situations are used to understand concepts and principles in the theoretical areas. Accessing internet websites and analysing media articles can also be used to expand understanding.