



A Level Physical Education

What you will learn:

There are four Units that are studied during this two year course:

- *Physical factors affecting performance
- *Psychological factors affecting performance
- *Socio-cultural issues in physical activity and sport
- *Performance in physical education

Students will learn about the key systems of the human body involved in movement and physical activity: applied anatomy and physiology, exercise physiology and biomechanics. The second unit focuses on the psychological factors affecting performance, including: 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, group dynamics and goal setting. Students also learn about the emergence and evolution of modern sport and global sporting events through two topics: sport and society; contemporary issues in physical activity and sport.

There are two parts to the practical component, where in addition to acquiring and developing skills in sport as a performer or coach, students are required to analyse and evaluate performance for improvement.

Elements of the course:

Where possible, the theoretical aspects of the course are taught through practical lessons. Most lessons are highly interactive involving discussions, role play, DVDs and the use of ICT. Practical sessions give students the opportunity to develop their skills as a player and coach.

Where could it take me?

Students may choose Higher Education or a route straight into the Health, Fitness and Leisure Industry. Students who have completed this course have gone on to study in the following fields: Sports Physiotherapy; Sports Media; Sports Marketing; Sports Teaching or Coaching; Sports Journalism; Personal Training.

Assessment:

There are three written papers. The written examinations are worth 70% of the marks towards the final grade. The remaining 30% of the marks come from the practical and spoken assessment.

Entry Requirements

Minimum Required:

Grade 4 or above in GCSE Physical Education.
Standard Sixth Form entry requirements.

Preferred Requirements:

Grade 5 or above in GCSE English Language, Maths and Science

Special Requirements:

Regular participation in competitive sport outside of College.