

# Physical Education - A Level

Contact Person: Miss J Wild

## Course Outline:

A Level PE aims to provide you with a global understanding of sport and exercise combining scientific, psychological, social and practical concepts. The course will:

- enable you to know about, understand and analyse the major concepts and principles underlying physical education and sport;
- develop an understanding of the historical, physical, social, cultural and psychological factors which influence sport and physical education; and
- encourage the understanding of theoretical principles through practical examples.

## Assessment

The theory content comprises of 70% of the total marks. This examines the physiological, psychological and social cultural concepts. The remaining 30% is assessed through practical performance (15%) and the ability to analyse and evaluate performance (15%). This can be completed in a written or interview format. You will be required to demonstrate your practical and theoretical application as a performer or a coach. (Please refer to specification for sporting categories recognised by AQA.)

## Skills/Aptitudes Developed/Required:

You are expected to achieve a grade 6 or higher in GCSE Science, 5 for GCSE PE, English, Maths or Distinction in OCR Level 2 Sports Studies. You must be ICT literate and are required to be participating in sport regularly to at least club standard. Excellent time management skills and the ability to manage your own time and meet deadlines are key to being successful in the practical element.

## Additional Considerations:

Students who have not studied Sport at KS4 will be considered on a case by case basis, and will need to meet all other criteria identified above. Coaching and leadership courses will be available throughout the year at varying costs (optional).



## Progression Post-18

Previous candidates have progressed to higher education studying courses ranging from recreation management, exercise science, sports psychology and physiotherapy. Career prospects are continually expanding within a growing industry and include occupations such as leisure management, sports therapy, teaching, coaching, exercise consultancy and health promotion.

