



A Level Physical Education

Why take A Level PE?

Sport has a direct relationship to enjoyment, entertainment, health and the world economy. The Olympic values of 'striving for excellence', 'demonstrating respect' and 'celebrating friendships' are firm foundations for society.

What is the course structure?

A Level		
Content Overview	Assessment Overview	
<ul style="list-style-type: none">Applied anatomy and physiologyExercise physiologyBiomechanics	<ul style="list-style-type: none">Physiological factors affecting performance90 marks2 hour written paper	30% of total A Level
<ul style="list-style-type: none">Skill acquisitionSports psychology	<ul style="list-style-type: none">Psychological factors affecting performance60 marks1 hour paper	20% of total A Level
<ul style="list-style-type: none">Sport and societyContemporary issues in physical activity and sport	<ul style="list-style-type: none">Socio-cultural issues in physical activity and sport60 marks1 hour paper	20% of total A Level
<ul style="list-style-type: none">Performance or coachingEvaluation and Analysis of Performance for Improvement (EAPI)	<ul style="list-style-type: none">Performance in physical education60 marksNon exam assessment (NEA)	30% of total A Level

What activities will I be engaged in during the course?

- Debating case studies.
- Testing your own fitness levels.
- Reading prior to the lesson.
- Performing sport to a high level.
- Visit sport science lab/university.
- Oral communication discussing strengths and weaknesses of a physical performance.
- Answering complex questions:
 - How can an American football quarterback memorise 500 plays?
 - How do women reduce the performance gap with their male counterparts when competing in the marathon?
 - How can Lewis Hamilton react to a stimulus within 1/10th of a second whilst travelling at speeds in excess of 200mph?
 - How can an elite high jumper clear 8ft? (the height of a living room ceiling)

How can I prepare for the course?

- Keep abreast of current sporting affairs.
- Maintain high level of competence in at least two sports.
- Highlight strengths and weaknesses in your own sport and how to improve them.
- Speak to PE staff about aspects of the course.
- Read over and keep GCSE books.
- Have a genuine passion for sport/physical activity and all of its related topics.
- Subjects that could supplement A Level PE are Biology and Psychology.

Entry Requirements: Grade 5,5 in Science or Grade 5 in Biology or GCSE PE. You must also play a Sport outside of school to a competitive level.