



TEACHERS SAY...

A level Physical Education is the perfect progression for students who have a wish to work in the sports or health and fitness industry in the future.

YOUR NOTES

Course Overview:

Studying A level Physical Education will give you a fantastic insight into the amazing world of sports performance. Not only will you have the chance to perform or coach a sport through the non-exam assessment component, you will also develop wide ranging knowledge into the how and why of physical activity and sport.

Topics covered

The theoretical elements of your qualification in Physical Education are broken down into two years. The table below shows what you'll learn in each year.

First year of A level	Second year of A level
<p>Applied Physiology Including the cardiovascular system, respiratory system, neuromuscular system, musculo-skeletal system, bio-mechanical principles, levers, diet and nutrition, training methods.</p>	<p>Applied Anatomy and Exercise Physiology and Biomechanics Including energy systems, injury prevention and rehabilitation, linear motion, angular motion, projectile motion, fluid mechanics.</p>
<p>Skill Acquisition and Sports Psychology Including skill transfer and continuums, guidance and feedback, personality, attitudes, arousal, anxiety, aggression, motivation, group dynamics.</p>	<p>Skill Acquisition and Sports Psychology Including theories of learning, memory models, achievement motivation, social facilitation, attribution theory, self-efficacy and confidence, stress management and leadership.</p>
<p>Sport and Society and Technology in Sport Including sports analytics, data collection, video analysis, GPS and motion tracking, globalisation of sport, pre and post industrial age, sociological theory and equal opportunities.</p>	<p>Sport and Society and Technology in Sport Including the development of elite performers, ethics in sport, violence in sport, drugs in sport, sport and the law, the development of equipment and facilities.</p>

A level Physical Education

Examination Board:



Teacher contact:

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Entry requirements: Five 9 to 4 (A* to C) with a minimum 6 (B) in Physical Education.

Type of Assessment:

You are assessed as a performer or coach in the full sided version of one activity and your ability to analyse performance via the coursework element (30% of A level), and then you sit two, 2 hour written exams (35% each of A level).

This course goes well with:

Sciences and Maths

Possible degree options

According to bestcourse4me.com, the top degree courses taken by students who have an A level in Physical Education are:

- Sports and Exercise Science
- Teacher Training
- Hospitality, Leisure and Tourism
- Anatomy, Physiology, Pathology and Psychology

What can I do now to help me prepare for my course?

With 85% of the course dedicated to the theoretical underpinning of sport, you should ensure that you are comfortable with the GCSE PE and Biology content related to the human body as well as keeping up to date with the latest technological advances in the world of sport. As there will be very few practical sessions within this course, so students should also ensure that they are a member of a sports team/club. You should either be playing or coaching to a good standard regularly outside of school in your strongest sport. You should begin to think about your practical performance and seek advice on how to improve it from qualified coaches. If you are currently assisting in the coaching and delivery of sport, then you should enquire about starting a National Governing Body Award for your chosen sport (e.g. The FA Level 1 in Football Coaching).

https://ashpe.weebly.com/	Absolutely packed full of free resources covering every topic
http://alevelphysicaleducation.co.uk	Regularly updated blog on the trickier theoretical elements
http://www.mypeexam.org/	Excellent revision videos and quizzes (but you'll have to get an account from us)
http://www.gojimo.com/a-level-physical-education-revision/	Link to an amazing revision app for your phone
http://www.aqa.org.uk/subjects/physical-education/as-and-a-level	AQA's specifications and past papers for practice
http://www.teachpe.com/anatomy-physiology/	Famous site that offers simple explanations
https://revisionworld.com/gcse-revision/pe-physical-education	Another free website covering the updated content

Literacy, when you...

..learn new vocabulary, specific to the systems of the body, read and analyse training programs

Numeracy, when you...

...collect and analyse data, draw graphs and calculate training zones

ICT, when you

..research current developments in IT in sport, create presentations and complete assignments.

Possible career options:

Studying an A level Physical Education related degree at university gives you all sorts of exciting career options, including:

- Sports science
- Physiotherapist
- Professional sportsperson
- Sports coach/consultant
- Secondary PE teacher
- Sports policy at local and national level
- Diet and fitness Instructor
- Personal trainer
- Higher education lecturer
- Sports marketing
- Nutritionist
- Fitness centre manager
- Sport and exercise psychologist
- Outdoor pursuits instructor