



Physical Education

Exam Board: AQA

A Level

A Level Physical Education

A Level Physical Education allows students to play to their strengths and gain dynamic theoretical and practical skills for further education or work. Physical Education is a subject which provides many employment opportunities and graduates in this field have a wide range of options. In a world that is increasingly aware of the role that physical activity plays as part of a balanced, active and healthy lifestyle, employers look favourably on individuals who have a depth and breadth of knowledge of physical activity and who demonstrate an understanding of its importance in coping with the demands of modern day life.

Course Specification

Paper 1: Factors affecting participation in physical activity and sport

Section A: Applied anatomy and physiology

Section B: Skill acquisition

Section C: Sport and society

Written exam: 2 hours, 105 marks, 35% of A-level

Questions

Section A: multiple choice, short answer and extended writing (35 marks)

Section B: multiple choice, short answer and extended writing (35 marks)

Section C: multiple choice, short answer and extended writing (35 marks)

Paper 2: Factors affecting optimal performance in physical activity and sport

Section A: Exercise physiology and biomechanics

Section B: Sport psychology

Section C: Sport and society and technology in sport

Written exam: 2 hours, 105 marks, 35% of A-level

Questions

Section A: multiple choice, short answer and extended writing (35 marks)

Section B: multiple choice, short answer and extended writing (35 marks)

Section C: multiple choice, short answer and extended writing (35 marks)



Non-exam assessment: Practical performance in physical activity and sport. Students assessed as a performer or coach in the full sided version of one activity.

A written/verbal analysis of performance
Internal assessment, external moderation

90 marks, 30% of A-level

Topics covered by the A Level Physical Education course include:

Factors affecting participation in physical activity and sport

Applied anatomy and physiology students should develop knowledge and understanding of the changes within the body systems prior to exercise, during exercise of differing intensities and during recovery. Students should be able to interpret data and graphs relating to changes within the musculo-skeletal, cardio-respiratory and neuro-muscular systems and the use of energy systems during different types of physical activity and sport, and the recovery process.

Skill acquisition - This section focuses on how skill is acquired and the impact of psychological factors on performance. Students should develop knowledge and understanding of the principles required to optimise learning of new, and the development of existing, skills in a range of physical activities. Students should be able to understand and interpret graphical representations associated with skill acquisition theories.

Sport and society students should develop knowledge and understanding of the interaction between, and the evolution of, sport and society. Students should be able to understand, interpret and analyse data and graphs relating to participation in physical activity and sport.

Factors affecting optimal performance in physical activity and sport.

Exercise physiology students should understand the adaptations to the body systems through training or lifestyle, and how these changes affect the efficiency of those systems.

Biomechanical movement students should develop knowledge and understanding of motion and forces, and their relevance to performance in physical activity and sport. Students should have a knowledge and use of biomechanical definitions, equations, formulae and units of measurement and demonstrate the ability to plot, label and interpret biomechanical graphs and diagrams.

Sport psychology - In this section the students will develop knowledge and understanding of the role of sport psychology in optimising performance in physical activity and sport. Students should be able to understand and interpret graphical representations associated with sport psychology theories.

Sport and society and the role of technology in physical activity and sport students should develop knowledge and understanding of the interaction between and the evolution of, sport and society and the technological developments in physical activity and sport.

The Aims of the A Level Physical Education course

The A Level specification in physical education should equip students with both a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education. This will require them to:

Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance.

Understand how physiological and psychological states affect performance.

Understand the key socio-cultural factors that influence people's involvement in physical activity and sport.

Understand the role of technology in physical activity and sport.

Refine their ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas.

Develop their ability to analyse and evaluate to improve performance.

Understand the contribution which physical activity makes to health and fitness.

Improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds.

Non-exam assessment (NEA): Practical performance in physical activity and sport. The non-exam assessment (NEA) aspect of the qualification requires students to develop their ability and aptitude in physical activity, demonstrating appropriate skills and techniques outlined below.

This aspect of the specification requires students to:

Perform a range of skills and techniques in physical activity and sport.

Make decisions, implement strategies, tactics and/or compositional ideas, and apply knowledge and understanding of rules and regulations while performing physical activity and sport.

Apply knowledge and understanding of theories, concepts, principles and methods to physical activity and performance

Evaluate performance in physical activity and sport, applying relevant knowledge and understanding.

There are two aspects to the NEA:

- 1 - Performance assessment (practical performance)
- 2 - Performance analysis assessment (analysis and evaluation).

The course combines well with:

- Biomedical Sciences
- Medicine
- Physiology
- Physiotherapy
- Psychology
- Biology
- Outdoor Education
- Leisure and Tourism
- Sport Management

Supports the following range of careers:

- Teaching
- Military
- Leisure and Tourism
- Civil Service
- Outdoor Adventure
- Sports Development
- Sports Coaching
- Law