

# A Level Physical Education

## The Course

A Level Physical Education is a 2 year linear course that consists of both practical and examined elements. It is essential that you regularly play in full context competitive sport/performance.

## The Content

You will study seven different units of work which will include; Applied anatomy and physiology, Skill acquisition, Sport and society, Exercise physiology, Biomechanical movement, Sport psychology, Sport and society and the role of technology in sport and physical activity.

## Theoretical Assessment

Examination 70%.

Students can expect multiple choice and short answer questions along with an extended essay style question for each section covered in the paper.

Paper 1: Factors affecting participation in physical activity and sport  
(Applied anatomy and physiology/skill acquisition/sport and society)

Paper 2: Factors affecting optimal performance in physical activity and sport  
(Exercise physiology and biomechanics/sport psychology/sport and society and technology in sport)

## Practical and Coursework Assessment

Participation in competitive sport 30%.

Students are assessed as a performer or coach in the full sided version of one activity. You will need to collect video evidence of your performance in your sport/activity and carry out a written or verbal analysis.

## Subject entry requirements

GCSE PE at grade 5 or above (including in the theory element), regular participation in sport out of school.

## Pathways/Careers

Students go on to successfully study or work in many fields, including:

Sports Science	Fitness/Sports Centre employment	Sports Administration
Sports Coach	PE Teacher/Lecturer	Sports Development Officer
Sports Therapy	Physiotherapy	Sports Psychology

**Further Information** [www.aqa.org.uk/subjects/physical-education](http://www.aqa.org.uk/subjects/physical-education)