

## Why study A Level Physical Education?

This course provides students with the opportunity to develop their subject knowledge from GCSE and access new and additional information. The course includes a very wide selection of units to provide a broad knowledge base. Students are assessed through two written exams, participation in a practical sport and complete an analysis of their performance.

## What will I study?

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. You will also need to participate in one sport (ideally both inside and outside of school where possible) for the duration of the course.

## Assessment

Examined 80%, coursework 20%.

### **Examination**

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

**Paper 1:** Factors affecting participation in physical activity and sport.

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

### **Practical and Coursework Assessment**

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.

## Study trips, visits and events

There are extra-curricular teams in netball, hockey, athletics, cricket and football. Alongside this, there is a visit to Bath University to develop areas of the A Level course and experience lecture type learning.

## Subject entry requirements

5 in P.E. if taken, and 5-5 in Combined Science (or a 5 in two separate sciences), plus regular participation in sport outside of school.



## Student Perspective

“I chose to study A Level PE because as a sportsperson, it provides me with a deeper understanding of how the mind and body operates before, during and after sport and exercise. My favourite aspects of PE are anatomy and physiology, biomechanics and exercise physiology as they relate to what I will be studying at university (physiotherapy). The teachers have really supported me during my studies and I feel confident and supported. I would strongly recommend PE as an A Level as since GCSE PE I have consistently enjoyed and had a passion for the subject and I am looking forward to proceeding my career in this field.”

Eva, A Level PE student