



PHYSICAL EDUCATION

Exam Board: AQA

Specification: [Click here for more information](#)

COURSE SUMMARY

The course looks at factors affecting performance in physical activity and sports. It includes units on applied anatomy and physiology, skill acquisition, sport and society, exercise physiology, biomechanical movement, sport psychology, the history of sport and technology in sport.

You will be assessed through both written examinations and coursework. The coursework includes assessment as a performer or coach in the full sided version of one sport, plus written analysis of performance.

"When I leave school I hope to study Sport and Exercise Science at university. I have studied Psychology, PE, Biology and Geography." Georgina

WHY STUDY PE?

The course is extremely interesting and includes elements of several different subject areas including anatomy and physiology, psychology, historical and contemporary issues.

If you are passionate about sport, regularly participate in sport to a high level, and enjoy keeping up to date with current issues in sport – then this is the subject for you. *Oliver*

WHAT HAPPENS IN LESSONS?

There is a mixture of teacher delivery, individual research and group presentations. There is a large element of classroom based theory, as well as practical application. *Oliver*



COURSE ASSESSMENT

This is a linear course. This means that students opting for an A Level in this subject will be committing to a two year linear course, with all units examined at the end of Year 13. AS Levels will still exist and can be taken as a stand-alone qualification at the end of Year 12, but students taking this option and then continuing to study the subject in Year 13 would have to sit all the A Level units as linear exams to gain that qualification.

MIGHT LEAD TO...

This A Level opens up a number of career options such as sport science, physiotherapy, sport psychology, teaching, injuries, fitness, nutrition or working for a national governing body. PE goes well with other subjects.

ADVICE ON ENTRY

PE GCSE is not a requirement, but where students have completed the GCSE course, a Grade 5 is preferred. There is a strong science element in the course and a strong GCSE performance in Science is also important. Students with a keen interest in sport who do not meet the required technical standards are encouraged to consider the BTEC Sport option.

READING AROUND THE SUBJECT

- [AQA Physical Education](#)
- [Brian Mac Sports Coach](#)
- [My PE Exam](#)
- [Teach PE](#)
- [PPOne](#)