

# Physical Education

Exam Board: [AQA](#)



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## Course Summary

A Level Physical Education 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 develop knowledge of the changes within the body systems prior and during exercise and during recovery. You will learn to interpret data 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. You will consider the relationship between the muscular and skeletal systems to meet the demands of exercise.

You will study the adaptations to the body systems through training or lifestyle, looking at how these changes affect the efficiency of those systems. You will consider skill acquisition and the impact of psychological factors on performance. You will develop knowledge and understanding of the interaction between sport and society and the technological development. You will investigate quantitative methods, the types and use of data for planning, monitoring and evaluating physical training, and to optimise performance.

## Entry Requirements

Physical Education GCSE or BTEC Sport is not a requirement. Where students have completed the GCSE course, a Grade 5 is required. Where students have completed the BTEC course, a Merit is required.

Students are required to play one sport to a high level.

## 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. Assessment is through both written examinations and coursework. The coursework includes assessment as a performer or coach in a sport, plus written analysis of performance.

## Where might it lead?

A Level Physical Education opens up a number of further education and employment pathways such as sport science, physiotherapy, sport psychology, teaching, fitness and nutrition or working for a national governing body.



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

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