



PE A-LEVEL

For more information please see Mr Wing

For whom is this course suitable?

Students studying A Level PE will have achieved at least a grade 5 in GCSE PE, or a Merit in NCFE Health and Fitness, if they have taken either of those courses during Key Stage 4. If you have an interest in the theory behind both physical and psychological performance in sport, and are keen to learn more of the wider issues related to sport and physical activity then you will really enjoy the course. You must also have an interest in playing sport outside of school as part of the assessment will require you to be a practical performer or coach in one sport of your choice.

What will I learn on this course?

In the theory part of the course you will study the following three components:

- **Component 1: Physiological Factors Affecting Performance. 2 hr exam. 30% of the final grade.**
- **Component 2: Psychological Factors Affecting Performance. 1 hr exam. 20% of the final grade.**
- **Component 3: Socio Cultural & Contemporary Issues. 1 hr exam. 20% of the final grade.**

This is an overview of the three theory components.

1. Physiological factors includes the following areas: Bones, Muscles & Joints; Biomechanics; Levers; Cardiovascular System; Respiratory System; Exercise Physiology; Injury Prevention.
2. Psychological factors includes the following areas: Movement Skills; Information Processing; Memory; Motivation; Arousal; Personality.
3. Socio-Cultural & Contemporary factors includes the following areas: Olympic Games; Violence in Sport; Sponsorship & the Media; Funding of Physical Activity; Commercialisation; Amateurism & Professionalism.

Overall, the theory part of the course is worth 70% of the final A Level grade.

- **Component 4: Performance within Physical Education. 30%.**

In the practical aspect of the course, students will be assessed in their strongest practical activity (from the DfE published list). Video evidence will be required in order to be assessed in a sport of your choice as this is shown to the exam moderator. Video footage is requested to be handed into Mr Wing before the Christmas break in Year 13. It is strongly recommended that you are training and performing in your sport on a regular basis during both Year 12 & 13.

In addition to your practical performance, you must conduct an Evaluation & Analysis of Performance task. This is where you analyse the strengths and weaknesses of a sporting performance of your choice.

The non-examined part of the course is worth 30% of the final A Level Grade (15% performance- 15% Evaluation & Analysis of Performance).

What could I do at the end of my course?

After studying A Level Physical Education, you will be well placed to obtain employment in the very wide sport and leisure sector. Alternatively, you could apply for a place at University. A-Level PE can be used to apply for a range of courses at university, including sport related such as Sports Science/Sports Coaching/PE Teaching. In the past students have also applied to courses such as Law, Accountancy, Physiotherapy and Psychology using PE A Level.