

Physical Education

Exam Board - AQA

A level Physical Education is a fully linear course so assessment of a student's knowledge and understanding of the whole course takes place at the end of the 2 years of study.

Studying A level Physical Education will give you a fantastic insight into the amazing world of sports performance. Not only will you get the chance to perform in your sport through the non-exam assessment component, you will also gain a wide ranging knowledge into the how and why of physical activity and sport.

The combination of physical performance and academic challenge provides an exciting opportunity for students. You can perform, and then through the academic study, gain the knowledge to improve yours and others' performance through application of the theory.

What will I learn on this A level course?

- Develop your knowledge and understanding of applied anatomy and physiology
- Discover how biomechanical movement impacts on physical activity
- Understand how psychology can influence the performance of an individual and/or team
- Explore the interaction between and the evolution of sport and society
- Improve your own performance through greater understanding of analysis and evaluation

Course overview:

Component title and weighting	Content overview
Paper 1: Factors affecting participation in physical activity and sport How it's assessed: <ul style="list-style-type: none">• Written exam: 2 hours• 105 marks• 35% of A-level	Section A: Applied anatomy and physiology: Students should develop knowledge and understanding of the changes within the body systems prior to exercise, during exercise of differing intensities and during recovery. Students should be able to interpret data and graphs relating to changes within the musculoskeletal, cardio-respiratory and neuro-muscular systems and the use of energy systems during different types of physical activity and sport, and the recovery process. Section B: Skill acquisition: This section focuses on how skill is acquired and the impact of psychological factors on performance. Students should develop knowledge and understanding of the principles required to optimise learning of new, and the development of existing, skills in a range of physical activities. Students should be able to understand and interpret graphical representations associated with skill acquisition theories. Section C: Sport and society: Students should develop knowledge and understanding of the interaction between, and

	<p>the evolution of, sport and society. Students should be able to understand, interpret and analyse data and graphs relating to participation in physical activity and sport.</p>
<p>Paper 2: Factors affecting optimal performance in physical activity and sport</p> <p>How it's assessed:</p> <ul style="list-style-type: none"> • Written exam: 2 hours • 105 marks • 35% of A-level 	<p>Section A: Exercise physiology and biomechanics: Students should understand the adaptations to the body systems through training or lifestyle, and how these changes affect the efficiency of those systems. Students should develop knowledge and understanding of motion and forces, and their relevance to performance in physical activity and sport. Students should have a knowledge and use of biomechanical definitions, equations, formulae and units of measurement and demonstrate the ability to plot, label and interpret biomechanical graphs and diagrams.</p> <p>Section B: Sport psychology: In this section students will develop knowledge and understanding of the role of sport psychology in optimising performance in physical activity and sport. Students should be able to understand and interpret graphical representations associated with sport psychology theories.</p> <p>Section C: Sport and society and technology in sport: Students should develop knowledge and understanding of the interaction between, and the evolution of, sport and society and the technological developments in physical activity and sport</p>
<p>Non-exam assessment: Practical performance in physical activity and sport</p> <p>How it's assessed:</p> <ul style="list-style-type: none"> • Internal assessment, external moderation • 90 marks • 30% of A-level 	<p>Students are required to be assessed in one activity in the role of player/performer or coach. Students are required to be assessed in the full context of their chosen activity and role. Students will be assessed for all of the activities in the following skills:</p> <ul style="list-style-type: none"> • Area of assessment 1: Technical quality – aspect 1 (15 marks). • Area of assessment 2: Technical quality – aspect 2 (15 marks). • Area of assessment 3: Application of strategic/tactical awareness (15 marks). <p>Students will be assessed against the relevant levels of response grids, as either player/performer or coach, for each area of assessment. Plus: written/verbal analysis of performance (45 marks). Students are required to analyse and evaluate, using appropriate theoretical content included in the specification, a performance as either player/performer or coach, in one activity from the specification. Students can analyse and evaluate their own performance or the performance of another, as long as it is in an activity that is from the specification.</p>

A level Physical Education demands a high level of commitment, dedication and cooperation from students in addition to a high level of sporting ability. The higher the level of performance, the greater the marks. Several topics covered are developments of GCSE work but many are new. The course will allow students who enjoy sport to develop an all-round knowledge of the subject whilst pursuing an academic course that they can relate to.