Physical Education

AQA

Further information please email: mail@nhgs.co.uk



Entry Requirements

NHGS Sixth Form entry requirements plus you should play a sport that is on the specification at club/county level or above.

Aims of the Course

The A Level specification in Physical Education should equip students with both a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of Physical Education.

Course structure and content

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.

Skill acquisition

This section focuses on how skill is acquired and the impact of psychological factors and 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.

Sport and society

Students should develop knowledge and understanding of the interaction between, and the evolution of, sport and society.

Exercise physiology

Students should understand the adaptations to the body systems through training or lifestyle and how these changes affect the efficiency of those systems.

Biomechanical movement

Students should develop knowledge and understanding of motion and forces, and their relevance to performance in physical activity and sport.

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.

Sport and society and the role of technology in physical activity and 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.

Assessment

At the end of the Lower 6th, students sit an exam on all of the Lower 6th content. This does not count towards the final grade, but assesses the content at this half-way point before progression to the Upper 6th. The assessments at the end of the Upper 6th are as below:

Paper 1: 35%

2 hour written exam (105 marks).

Paper 2: 35%

2 hour written exam (105 marks).

Non-exam assessment: 30%

Internal assessment, external moderation (90 marks).

Future career opportunities

This qualification prepares learners with a clear path to degree level courses within the sports industry. The course provides an excellent grounding for those wanting to work in PE, Physiotherapy, Sports Science, Fitness, Nutrition, Forces and PT Instructor.

Please scan here for further course information.