

Physical Education

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PE specification.



Awarding Body: AQA

Level: A-Level

Introduction

A level Physical Education is an ideal course of study for a competitive individual. It builds on the foundation of knowledge laid through the GCSE course and merits physical sporting excellence. It develops theoretical knowledge of the factors that underpin physical activity and sport. The course encompasses the study of the athlete and their performance as a whole through physiological, psychological, technological and socio-cultural factors. Your study will involve a combination of theory and practical exercises. It will be taught in well-equipped fitness facilities and classrooms by our experienced staff. Physical Education combines very well with many subject options and requires that you take part in competitive sport and have a passion for athlete development.

The theoretical content

Your study will look at many aspects of Physical Education and the development of an athlete. Your study will include the following;

Component 1 – Factors affecting participation in physical activity and sport

35% of the qualification. 2hr written examination taken at the end of the course.

- Section A: Applied anatomy and physiology
- Section B: Skill acquisition
- Section C: Sport and society

Component 2 – Factors effecting optimal performance.

35% of the qualification. 2hr written examination taken at the end of the course.

- Section A: Exercise physiology and biomechanics
- Section B: Sport psychology
- Section C: Sport, society and technology in sport

Component 3 – Practical performance in physical activity and sport.

30% of the qualification. It is internally assessed and externally moderated.

- *Section 1* – Performance assessment – to be assessed in one activity in the role of player/performer or coach.
- *Section 2* – Performance Analysis Assessment – written analysis and evaluation of performance.

The activity performed must be from the Department for Education accredited sports list (see below).

What you need

At least a grade 5 in GCSE P.E. or if not taken a grade 5 in GCSE Biology, or a grade 5/5 in Combined Science.

Career and further study

You could progress to higher level study such as a Sports Science, Sports Studies or Sports Psychology. You could seek employment in sports, leisure or tourism. Physical Education provides an essential foundation for a wide variety of career areas including: physiotherapy, teaching, coaching, osteopathy, sports technology, sports psychologist, dietician and many more.

Trips and other costs

You are required to purchase your own text books.

Scan QR for book link.



Accredited Sports List

Amateur boxing

Association football *Cannot be five-a-side*

Athletics

Badminton

Basketball

Camogie

Canoeing

Cricket

Cycling *Track or road cycling only.*

Dance *Acceptable dances include: ballet, ballroom, contemporary/modern, hip-hop, jazz, salsa, street, tap.*

Diving Platform diving.

Equestrian *Can be assessed in either show jumping, cross country or dressage*

Figure Skating

Futsal.

Gaelic football

Golf

Gymnastics *Floor routines and apparatus only.*

Handball

Hockey *Must be field hockey.*

Ice Hockey
Inline Roller Hockey.
Hurling
Kayaking
Lacrosse
Netball
Rock climbing *Can be indoor or outdoor.*
Rowing
Rugby league *Cannot be tag rugby.*
Rugby union *Can be assessed as sevens or fifteen a side. Cannot be tag rugby.*
Sailing
Sculling
Skiing *Outdoor/indoor on snow. Must not be dry slopes.*
Snowboarding *Outdoor/indoor on snow. Must not be dry slopes.*
Squash
Swimming *Not synchronised swimming.*
Table tennis
Tennis
Trampolining
Triathlon *sprint only*
Volleyball
Water polo
Windsurfing

Specialist physical activity*

Blind cricket
Boccia
Goal ball
Powerchair football
Polybat
Table cricket
Wheelchair basketball
Wheelchair rugby

**The specialist activities are available only to those students with a physical disability, and in line with entry criteria set out by that activity's National Governing Body.*