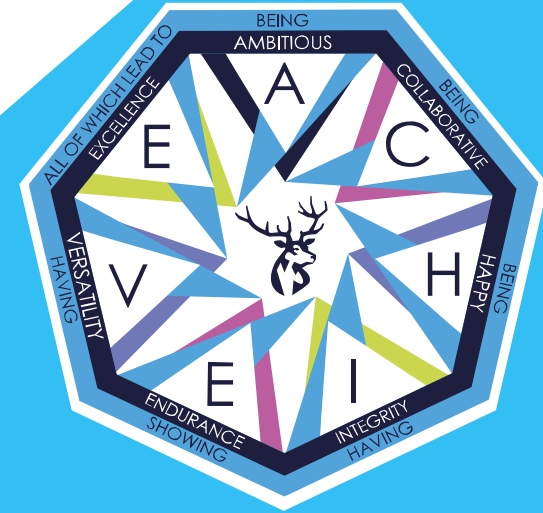


**FURZE
PLATT**
SENIOR SCHOOL



AQA - A Level PE Open Evening 2023

AMBITIOUS

COLLABORATIVE

HAPPY

INTEGRITY

ENDURANCE

VERSATILITY

EXCELLENCE

Are you...

Intrigued by success and failures in sport and physical activity?

Excited to improve your own performance?

Fascinated by the application of technology in sport?

Have you...

Ever wondered why some athletes perform better than others?

Been curious as to what makes an elite athlete tick?

Been inquisitive as to why the body reacts the way it does during physical activity?

Yes?

Then A level PE is for you....

Many opportunities for career and further education...

- Physiotherapist
- Sports Scientist
- Coach
- Nutritionists
- Official
- Teacher
- Sports Therapist
- Sports Massage
- Sports Psychologist
- Personal Trainer
- Broadcaster
- Sports Journalism
- Sports Development Officer
- Talent Identification
- Strength and Conditioning Coach
- Sports Manager
- Sports Marketing
- Athlete
- Sports Lawyer
- Occupational Health

What does the qualification include?

- 2x written examinations
- 1x assessment of practical performance
- 1x written analysis of performance.

Paper 1 = Factors affecting participation.

What's assessed

Section A: Applied anatomy and physiology

Section B: Skill acquisition

Section C: Sport and society

How it's assessed

- Written exam: 2 hours
- 105 marks
- 35% of A-level

Questions

- Section A: multiple choice, short answer and extended writing (35 marks)
- Section B: multiple choice, short answer and extended writing (35 marks)
- Section C: multiple choice, short answer and extended writing (35 marks)

Example questions...

Figure 2 shows Chris Froome. He is a British cyclist and multiple Tour de France winner.

In 2015 he recorded a VO_2 max score of 84.6 ml/kg/min. An average cyclist would have a VO_2 max score of 40–42 ml/kg/min.

Figure 2



Analyse the factors which explain Chris Froome's higher VO_2 max **and** the effects these factors have on his performance.

[8 marks]

Proprioceptive Neuromuscular Facilitation (PNF) is a specialist training method used by a range of athletes.

Explain the role of proprioceptors in PNF **and** evaluate its effectiveness as a specialist training method.

Use sporting examples in your answer.

[15 marks]

Vygotsky 's Social Development Theory is a constructivist theory. Learning is built up in stages based on the current level of performance.

Outline the **three** stages of development in this theory.

Give a sporting example for each stage.

(Total 3 marks)

2 | 0

Table 2 shows the participation data for disabled and non-disabled adults over a 4-year period since the London 2012 Olympic and Paralympic Games.

Table 2

% participating in 30 minutes of moderate intensity activity at least once per week		
	Non-disabled	Disabled
2012–2013	40.1	19.1
2013–2014	39.8	17.6
2014–2015	39.6	17.2
2015–2016	39.9	16.8

Explain the barriers that disabled athletes face **and** evaluate the effectiveness of the strategies used to overcome these barriers.

Use the data in **Table 2** to support your answer.

[15 marks]

Paper 2 – Factors affecting optimal performance...

What's assessed

Section A: Exercise physiology and biomechanics

Section B: Sport psychology

Section C: Sport and society and technology in sport

How it's assessed

- Written exam: 2 hours
- 105 marks
- 35% of A-level

Questions

- Section A: multiple choice, short answer and extended writing (35 marks)
- Section B: multiple choice, short answer and extended writing (35 marks)
- Section C: multiple choice, short answer and extended writing (35 marks)

Example questions...

An elite weight lifter is taking part in a strength-training programme to improve performance in the next competition. As part of the programme, the weight lifter is considering taking creatine and anabolic steroids in addition to weight training.

Evaluate the use of creatine **and** anabolic steroids to improve the weight lifter's performance in the next competition.

[8 marks]

Figure 2 shows Laura Kenny cycling at the Rio 2016 Olympics.

Figure 2



Analyse how Laura Kenny has maximised her speed in **Figure 2**. Use Bernoulli's principle of lift **and** knowledge of the factors that influence drag.

[15 marks]

Crystal Palace are a professional football club. The team lost their first seven games of the 2017-2018 English Premier League season.

Analyse how the players may have attributed those defeats and the effect this may have had on their performance at that point in the season.

Refer to Weiner's model of attribution theory.

(Total 8 marks)

What's assessed

Students assessed as a performer or coach in the full sided version of one activity.

Plus:

written/verbal analysis of performance.

How it's assessed

- Internal assessment, external moderation
- 90 marks
- 30% of A-level

Example...



- You are assessed in your performance in 1 sport. See accredited sports list on the following slide.

The written aspect includes:

- Your ability to analyse performance by
- Highlighting a weakness using theoretical concepts to support
- Creating a plan to improve that weakness.
- Evaluation and analysis of the impact on your performance.

<https://filestore.aqa.org.uk/resources/pe/AQA-7582-GP-EX.PDF>

Current Accredited Sports

- Acrobatic Gymnastics
- Amateur Boxing
- Athletics
- Badminton
- Basketball
- Camogie
- Canoeing
- Cricket
- Cycling
- Dance
- Diving
- Equestrian
- Figure Skating
- Futsal
- Gaelic Football
- Golf
- Gymnastics
- Handball
- Hockey
- Hurling
- Ice Hockey
- Inline Roller Hockey
- Kayaking
- Lacrosse
- Netball
- Rock Climbing
- Rowing
- Rugby League
- Rugby Union
- Sailing
- Sculling
- Skiing
- Snowboarding
- Squash
- Swimming
- Table Tennis
- Tennis
- Trampolining
- Triathlon
- Volleyball
- Water Polo
- Windsurfing

Specialist Activities

- Blind Cricket
- Boccia
- Goal Ball
- Powerchair Football
- Polybat
- Table Cricket
- Wheelchair Basketball
- Wheelchair Rugby

To find the specification...

- <https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF>



How is it delivered...

- Majority is delivered in the classroom.
- Some aspects of theory are delivered through practical lessons.
- **Due to the nature of the practical assessment it is strongly encouraged that students be participating in sports outside of school.**

Any questions?