

Physical Education

Why this course is right for you

Studying A Level Physical Education gives you a fantastic insight into the amazing world of sports performance. You have the chance to perform or coach a sport through the non-exam assessment component and to develop 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 learn the reasons why we do things, why some people outperform others, mentally and physically. You will delve into the ethical considerations behind the use of drugs and also the influence that modern technology is having on physical activity and sport.



Course Content

Exam board: AQA

Head of Department/Faculty: Ash Hallam

Year 1 Topics

- Applied anatomy and physiology
- Exercise physiology
- Biomechanics

Year 2 Topics

- Skill acquisition
- Sports psychology
- Sport and society contemporary issues in physical activity and sport

Across both years

- Performance or coaching
- Evaluation and Analysis of Performance

Assessment:

70% theory & 30% practical

Additional Experiences

Students will have the opportunity to go on numerous trips throughout the course, this may be to local universities, conferences or sporting events.

Subject Entry Requirements

Grade 6-6 Combined Science or Grade 6 Biology if GCSE PE has not previously been studied.

Beyond A Levels

A Level Physical Education is an excellent base for a university degree in sports science, sports management, physiotherapy, healthcare, or exercise and health.

A Level Physical Education will also give you excellent levels of physical literacy helping you to improve your communication, leadership and resilience skills.

Going further

If you think you might be interested in PE take a look at:

- The A Level PE podcast
- Youth Sport Trust podcast
- Legacy: What the all blacks can teach us about the business of life

“Sport has the power to change the world. Sport has the power to inspire. It has the power to unite people in a way that little else does”

Nelson Mandela