

PHYSICAL EDUCATION

Exam board and syllabus: AQA

What will I study? (Course content):

The course covers Applied anatomy and physiology, Skill acquisition, Sport and society, Exercise physiology and biomechanics, Sport psychology and Sport, society and technology as theory areas. This accounts for 70%.

The additional 30% of the course is the Non-Exam Assessment (NEA) where candidates are assessed in their practical performance in ONE fully competitive activity worth 15% and submit a written coursework piece on ONE activity also worth 15%.

The list of activities that can be offered can be found on the AQA A Level Physical Education specification; students can only be assessed in the activities identified in the specification.

What are the recommended entry requirements?

While GCSE Physical Education is preferable it is not essential however a strong background in science is beneficial. As students will offer one activity the higher scoring candidates tend to be those who are also involved with this on a regular basis out of school such as club sport.

How will I be assessed? (Course assessments, outline of papers/coursework/practicals)

The course is 70% theory that is examined in two written papers, both 2 hours duration, each covering 35% of the course.

The additional 30% NEA is internally assessed and externally moderated and students MUST provide video evidence of their performances for this assessment.

Within this evidence students must demonstrate their range of skills and their execution of recognised techniques, compliance with the official rules and regulations, accuracy, consistency and outcome as well as the implementation of appropriate strategies and tactics to optimise their performance. This often requires a number of performances to be recorded.

Where might I go next? (Careers/university)

For students with an interest in sport, A Level Physical Education provides a greater understanding of the cultural, historical, psychological, scientific and sociological basis for physical education so further study of Sports Science, Teaching and Coaching and Sports Management are natural options. Given the broad nature of the subject covering biology, physics, psychology, technology, sociology all of these are popular career fields as is physiotherapy and business management.

The range of sub topics within the subject means PE lends itself to the full range of A Level subjects and its diversity supports a wide range of future careers.

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**Assessment: 70% Written Examination
15% Practical
15% Coursework**



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