

# COURSE OUTLINE

## PHYSICAL EDUCATION - A LEVEL



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A Level PE gives you a chance to study how the body responds to exercise, how you learn new skills, where sport sits in society, how the mind influences performance and how sport has developed. Studying these components will improve your understanding of sporting performance, coaching and sports analysis.

### DETAILS ABOUT THE COURSE

#### Topics covered:

Physiological Factors Affecting Performance  
Psychological Factors Affecting Performance  
Socio-cultural and Contemporary Issues  
Performance within Physical Education

#### Extra-curricular/trips:

We work with our partners to access a range of facilities and placements.

#### Future prospects:

Higher education, PE teaching, sports development, sports journalism, sports media, sports coaching, performance analysis, strength & conditioning, nutrition, physiotherapy, sports therapy, sports administration, sports engineering, sports science, sports psychology.

#### You might also take...

Biology, maths, physics, psychology, geography and chemistry.

### KEY INFORMATION

#### Prior attainment:

Five grades at 9-4  
Grade 5 in GCSE biology and a Merit in Sport required  
Grade 6 in GCSE biology and a Distinction in Sport desirable  
Must be participating in regular competitive club level sport outside of school

#### Assessment:

##### Year 1

Unit 1: Physiological Factors Affecting Performance - 30%  
Unit 2: Psychological Factors Affecting Performance - 20%

##### Year 2:

Unit 3: Socio-cultural and contemporary issues - 20%  
Unit 4: Performance within physical education - 30%  
(50% practical / 50% EAPI)