



Physical Education A- level

What is the course content?

Year 12:

Section A- Applied Exercise Physiology – Analysis of the human body in sporting environments. In this area you will be able analyse movement and gain an in depth knowledge of how the human body works in terms of the cardiovascular, muscular and respiratory systems. All knowledge will be applied to a variety of sporting situations.

Section B- Skill Acquisition and sports psychology– This section focuses on how skill is acquired and the impact of psychological factors on their performance. The influence of learning and performance will be analysed, along with information processing in sporting situations.

Section C- Sport in society and sport technology – An introduction to some of the concepts, categorisations and benefits of physical activity to both the individual and society will be provided. Both the private and public sector will be investigated and the history of sport will be explored.

Year 13:

Section A- Applied Physiology and biomechanics – Concentrating on elite performance, the focus will be on energy systems, how muscle contractions occur, sports injuries, specialised training and sports supplements.

Section B- Sports psychology – In relation to elite performance, this section will analyse personality, arousal, aggression, attitudes, confidence and group dynamics. Whilst studying these topics, students will learn specific theories and models created by researchers.

Section C – Sport in society and sport technology- This section will investigate the optimisation of performance to achieve elite status. The concepts and characteristics of World Games will be covered and the impact they have on the state and individual. Commercialisation, deviance and the Olympic ideal will also be investigated.

How is the course assessed?

The A Level course is assessed by 70% in written examinations and 30% in practical analysis. It is divided in the following ways;

One written exam in the June series (70%), one practical performance as a performer (15%) and one piece of written coursework about performance analysis (15%).



Future Opportunities

This course is ideal for students wanting to progress to university courses such as Sport and Exercise Science, Physiotherapy, Physical Education, Sports Psychology and Fitness orientated courses.

Future careers may include; Physical Education teacher, Sports therapy, Physiotherapist, Personal Training, Sports Coach, Psychologist, Sports Scientist.

What are the Entry Requirements?

Students must be able to perform to a high standard in one physical activity and compete in this activity outside of school. This is essential for the practical requirements of the specification.

Key Contact

For further information, please contact Mrs Kisby (Head of Department) nkisby@rodillianacademy.co.uk