PHYSICAL EDUCATION

SIXTH FORM

COURSE TITLE

A Level Physical Education

Exam Board: Edexcel

AIMS OF THE COURSE

A level PE will further develop students' understanding of how the mind and body works in relation to performance in physical sport whilst also engaging them with key issues and themes relating to contemporary global influences on physical education.

WHAT WILL YOU STUDY?

Component 1: Scientific Principles of Physical Education

- Topic 1: Applied anatomy and physiology
- Topic 2: Exercise physiology and applied movement analysis

Component 2: Psychological and Social Principles of Physical Education

- Topic 3: Skill acquisition
- Topic 4: Sport psychology
- Topic 5: Sport and society

Component 3: Practical Performance

Component 4: Performance Analysis and Performance Development Programme

HOW WILL YOU BE ASSESSED?

Component 1:
Written exam: 2 hours and 30 minutes.
40% of the qualification

Component 2:
Written exam: 2 hours. 30% of the qualification

Component 3:
Performing/coaching in 1 sport.
15% of the qualification

Component 4:
Coursework. 15% of the qualification

WHAT WIDER SKILLS WILL YOU DEVELOP?

- Presentation and extended writing skills
- Practical sports investigation skills
- Coaching and leadership skills
- Critical thinking and reviewing evidence skills

WHAT ARE THE FUTURE OPTIONS FROM THE COURSE?

Further study at university such as degrees in Sport Science, Sports Coaching or Physical Education. Apprenticeships in the sport, fitness and leisure industry. Careers in sports coaching, fitness and personal training, physiotherapy, armed and public services.