

# Physical Education A Level



Exam Board: AQA

## Why A Level Physical Education?

### *Make a healthy living:*

Sport and fitness is a huge industry and you can be part of it. If you're keen on sport you can make a healthy living from your passion. Whether that's working for a football club, as a personal trainer at the local gym, or training to be a physiotherapist, there are lots of opportunities. From professional sport through to amateur teams and individuals who just want to get in shape, sport and fitness is a fast-growing business. Best of all, you could be in a career doing something that you love.

### Thinking and Life Skills you will develop:

- In the first year there are two main study topics.
- The first of these covers the beneficial effects of a healthy lifestyle and includes subjects like the physiological effects of exercise and how people acquire sports skills.
- In the second study topic you'll learn how to analyse and evaluate an athlete's performance, and the factors affecting gaining new skills.
- In the second year you'll have two main study topics again.
- The first continues with the theme of optimising the performance of an athlete.
- The second study topic looks at performance in competitive situations.

### What will you study?

A Level PE comprises of three components.

**Component one:** Factors affecting participation in physical activity and sport (applied anatomy and physiology, skill acquisition, sport and society assessed through a 2 hour external written exam.

**Component two:** Factors affecting optimal performance in physical activity and sport (exercise physiology and biomechanics, sport psychology and technology in sport assessed through a 2 hour external written exam.

**Component three:** practical performance in physical activity and sport (performance in one sport and a critical analyse of a performance in relation to different theoretical aspects, internally assessed).

### University degrees that require or often prefer PE include:

Sports Science, Sport, Exercise and Health Science, Sport and Leisure Management and Education.

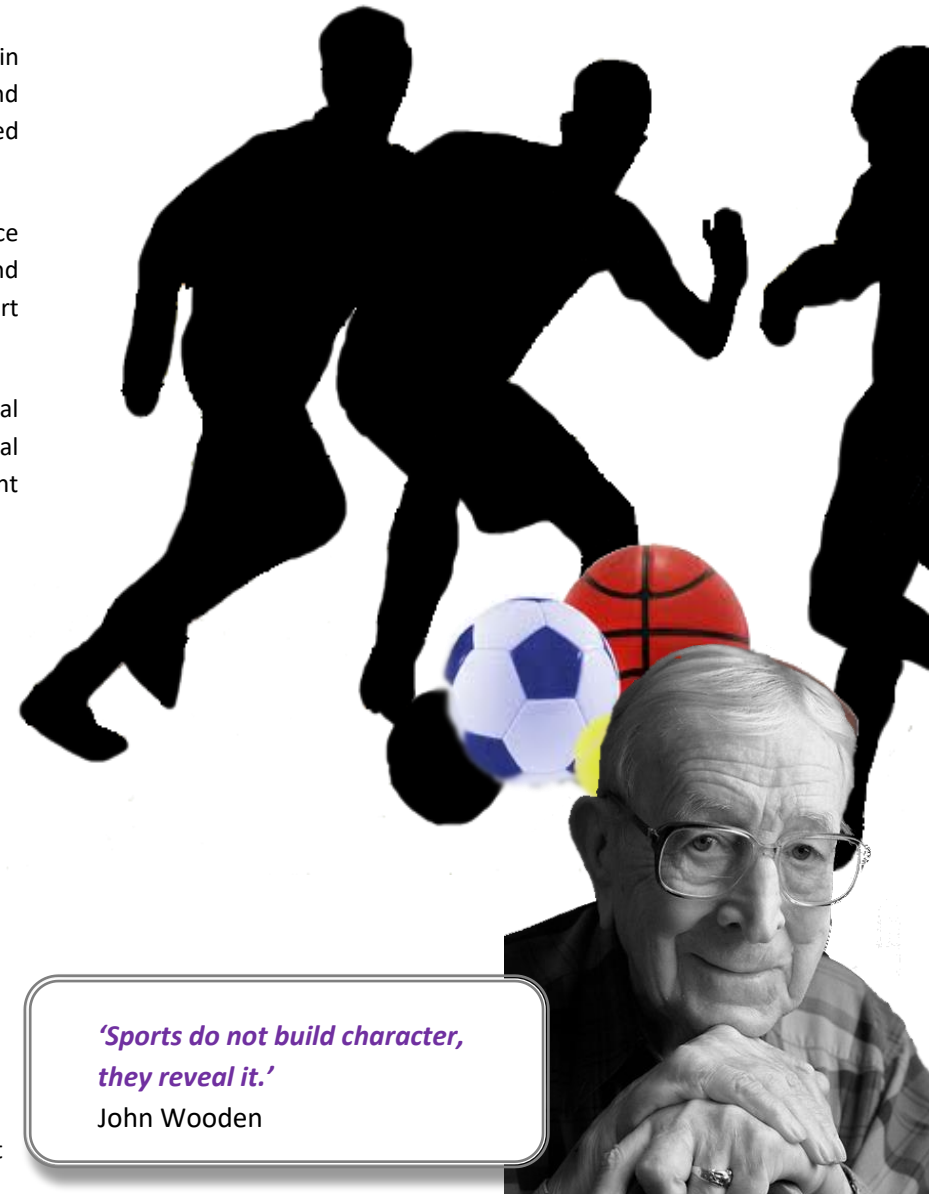
### Possible careers:

**Directly related:** Sports coach, sports therapist, fitness centre manager, sports development officer and personal trainer

**Further afield:** Sports nutritionist, sports journalism, sports governance, PE teacher, sport psychologist, physiotherapist, outdoor pursuits manager, event organiser, health promotion specialist, NHS, tourism, hospitality and management.

### Entry requirements:

Minimum grade 6 in GCSE PE or BTEC Distinction. Must be performing regularly in a sport outside of school.



*'Sports do not build character,  
they reveal it.'*

John Wooden