

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.

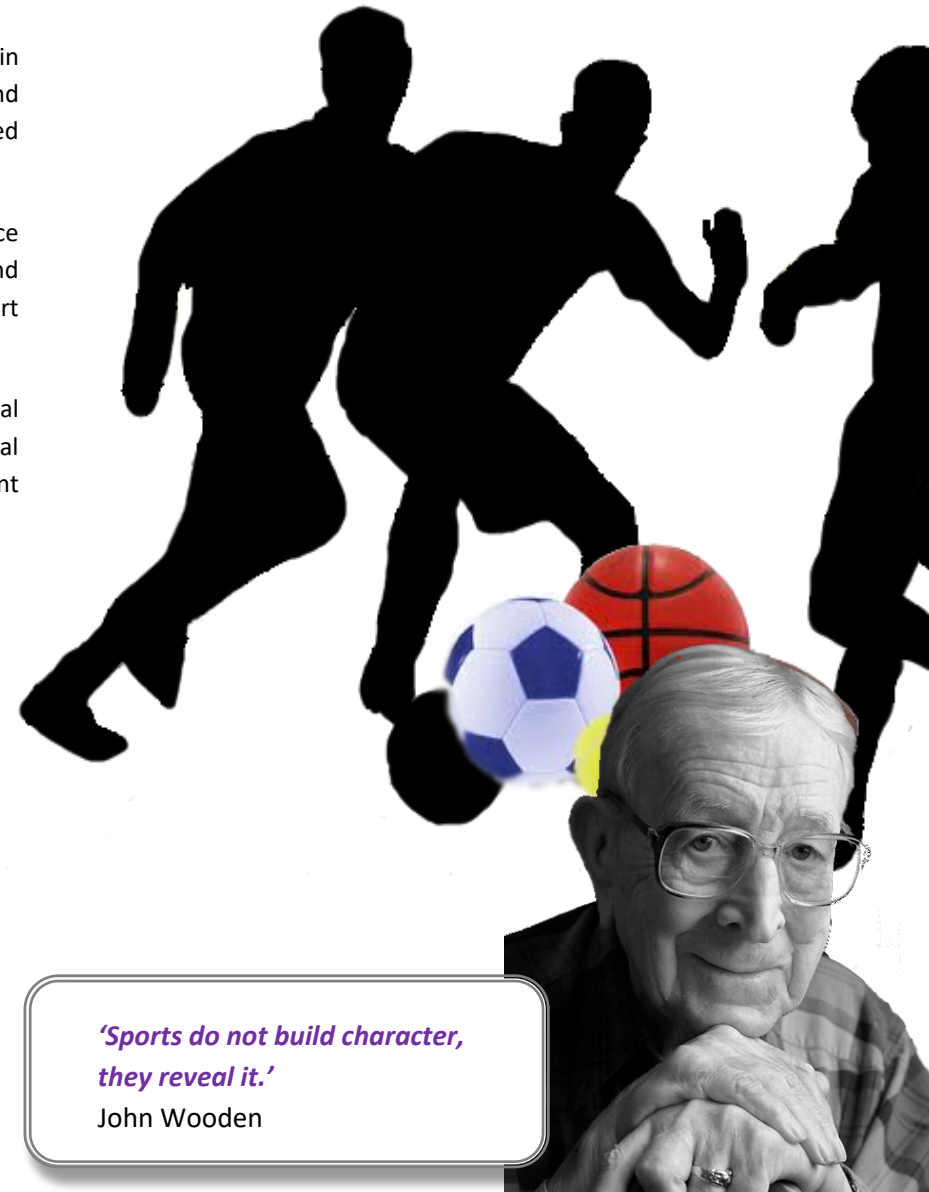
Possible careers:

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 Merit or Distinction. **Must be performing regularly in a sport outside of school.**



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

John Wooden