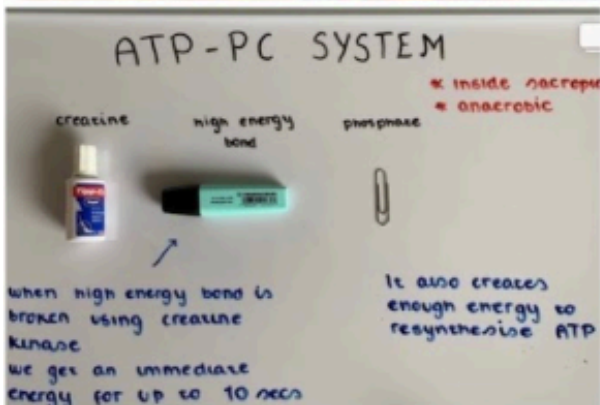
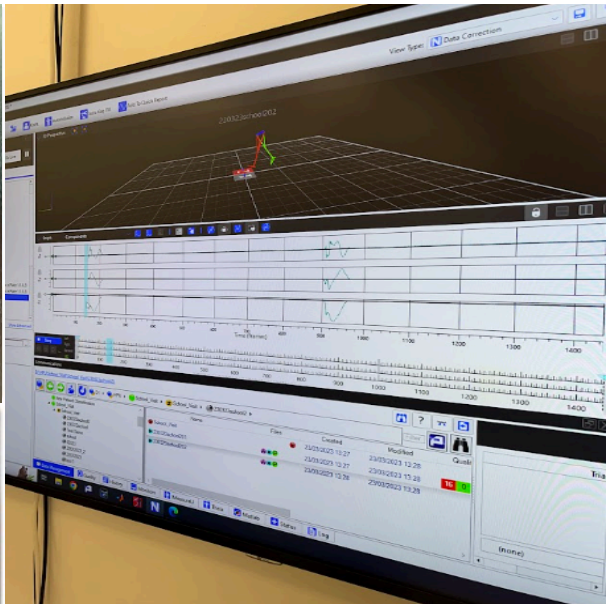




Hartismere College



Physical Education

A STUDENT'S GUIDE TO A LEVEL PHYSICAL EDUCATION

What do I need to know or be able to do before taking this course?

In order to study this subject, it is recommended you have a GCSE qualification in Physical Education to at least a grade 5. You need to be regularly participating as a performer or a coach* in at least one of the approved activities listed below:

Activity	Comments
Acrobatic gymnastics	
Amateur boxing	
Association football	Cannot be five-a-side
Athletics	Long distance running must not exceed 10,000 metres
Badminton	
Basketball	
Camogie	
Canoeing	
Cricket	
Cycling	Track, road or BMX cycling (racing, not tricks) only
Dance	
Diving	Platform diving
Equestrian	
Figure skating	
Futsal	
Golf	
Gaelic football	
Gymnastics	Floor routines and apparatus only
Handball	
Hockey	Must be field hockey
Hurling	

Ice hockey	
Inline roller hockey	
Kayaking	
Lacrosse	
Netball	
Rock climbing	Can be indoor or outdoor
Rowing	
Rugby league	Cannot be tag rugby
Rugby union	Can be assessed as seven or fifteen a side. Cannot be tag rugby
Sailing	Royal Yachting Association recognised sailing boat classes only. The list can be found online at: https://www.rya.org.uk/racing/youth-junior/info/Pages/recognised-classes.aspx . Students must perform as helmsman
Sculling	
Skiing	Outdoor/indoor on snow. Must not be dry slopes
Snowboarding	Outdoor/indoor on snow. Must not be dry slopes
Squash	
Swimming	Not synchronised swimming, personal survival or lifesaving
Table Tennis	
Tennis	
Trampolining	
Triathlon	Sprint only
Volleyball	
Water polo	
Windsurfing	

* If coaching, it is preferable that you gain a nationally recognised qualification.

Within the theory component of the qualification you will learn about:

- Applied anatomy and physiology
- Skill acquisition
- Sport and society
- Exercise physiology
- Biomechanical movement
- Sport psychology
- Sport and society and the role of technology in physical activity and sport

What will I learn on this A level course?

The course will enable you to:

- Develop your interest and enjoyment of the theory of physical education and sport.
- Develop your skills as a sports performer.
- Understand the importance of training and fitness.
- Understand the context of physical education and sport in the wider community.
- Analyse sports performance to identify technical weaknesses and suggest theoretical causes and strategies for improvement.

What kind of student is this course suitable for?

This course will appeal to students who:

- Have an interest in developing their own performance in sport.
- Enjoy current issues in the fields of sport, health and exercise.
- Want to keep their options open for further study or want to study sport science, physical education or coaching courses at university.

What examinations will I have to take to get my qualification?

A Level Physical Education (AQA)

Paper 1: Factors affecting participation in physical activity and sport

- Section A: Applied anatomy and physiology
- Section B: Skill acquisition
- Section C: Sport and society
- Written Exam: 2 hours
- 105 marks
- 35% of A-level

Paper 2: Factors affecting optimal performance in physical activity and sport

- Section A: Exercise physiology and biomechanics
- Section B: Sport psychology
- Section C: Sport and society and technology in sport
- Written exam: 2 hours
- 105 marks
- 35% of A-level

Non-exam assessment (coursework):

- Practical performance in physical activity and sport – **ONE** sport only
- Students assessed as a performer or coach in the competitive context
- Area of assessment 1 e.g. dance 1 or attacking skills = 15 marks
- Area of assessment 2 e.g. dance 2 or defensive skills = 15 marks
- Area of assessment 3 e.g. choreography or tactics and strategies = 15 marks
- Total = 45 marks/15% of A level

Plus: Written analysis of performance focusing on areas of assessment 2 & 3:

- Analysis = 20 marks
- Evaluation = 25 marks
- Total = 45 marks/15% of A level

Students are expected to independently gather video evidence of their competitive performances throughout the course

What could I go on to do at the end of my course?

Students with A level physical education have a wide range of possible career and higher education opportunities. You will learn and use a wide variety of transferable skills during the course. These include developing analytical skills, coaching methods, leadership and research methods.

Physical education can be used as an introduction to the numerous sport science courses offered by universities or a pathway to sports coaching, sports psychology, nutrition, sports development, physiotherapy, sports analysis and teaching.

Useful links for further information:

A Level Physical Education specification:

<https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF>

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