

A Level Physical Education AQA

Find out more



LINEAR

Why study Physical Education?

If you are interested in the science and history behind sport, this is the right course for you. What happens to Mo Farah's body when performing? How does this differ to Usain Bolt? What impact does UK Sport have on our Olympic athletes? These are all areas you will study during the course.

About the course

PE A Level develops the students' knowledge and understanding of sport science, psychology, biomechanics, effects on society and the use of technology. We offer a two-year linear A Level, studying eight different theoretical areas, as well as performing and analysing one sport

Year 12

Applied anatomy and exercise physiology. Students will develop knowledge and understanding of the changes within the body systems prior to exercise, during exercise of differing intensities and during recovery. The use of energy systems during different types of physical activity and sport, and the recovery process.

Skill acquisition

This focuses on how skill is acquired and how it impacts performance. Students will develop knowledge and understanding of the principles required to optimise learning of new skills, and the development of existing skills related to sporting movements. It investigates areas a variety of areas: how we learn new skills? or what affects our reaction time?

Sport and society

Students will develop knowledge and understanding of the interaction between, sport and society, the history of sport and the development of sport in the UK. You will understand why some sports receive funding and other do not and the impact campaigns such as 'This Girl Can' have in the UK.

Year 13

Biomechanics in sport.

This looks at the science of how our body moves in the way that it does. It explores how forces have an impact on sporting performance and how we use levers in our body to produce movement.

Sports injuries and rehabilitation

This looks at the different types of injuries, how we can prevent them, recovery from injury and the use of different rehabilitation methods.

Sports psychology

This looks at all aspects of psychology that impacts a performer. It looks at different theories and how we can implement strategies to help us perform to a higher level.

Technology in sport

In the Technology in sport unit, students will develop an understanding of how technological developments in physical activity and sport have led to increased sporting performance and a million-pound industry.

Assessment

Written exams 2 x 2hr exam = 70%

Practical performance assessment- 30% (Consisting of 15% practical assessment and 15% written analysis of performance.)

Sports can include:

Athletics, swimming, boxing, hockey, tennis, football, golf, rugby, netball, cricket, and equestrian. (One sport assessed)

See the AQA website or member of PE staff for information on other sports.

Entry criteria

Candidates will need to have achieved grade 5 in English, Maths and Science, and 2 other GCSEs at grade 5 and above.

Outside the classroom

Students need to be consistently performing at club level standard in their chosen sport and regularly training throughout the two years.

