

PHYSICAL EDUCATION

A Level:

Awarding Body: AQA

Course structure and content

Students must enjoy looking at a wide range of aspects associated with Sport and PE. Current students enjoy a practical application of what they learn in the classroom and in the Sports Hall. The mix of practical and theory adds variety and interest to the course.

The biological aspect of the three theoretical areas is very demanding and organisation is important in keeping the notes for each area in the correct place in your file.

How will I learn?

Lessons will involve class-based discussion, group, paired and individual work developing the knowledge and experience you already have. A variety of resources will be used: course textbooks, handouts, DVDs and virtual learning – even juggling has its place! Some lessons will involve both the classroom and Sports Hall to enable you to gain theoretical knowledge through practical experience.

You will be expected to do 4 to 5 hours per week of private study for this A Level – making notes, revising for tests and doing research on the internet. There is also a growing range of resources for this subject available on Fullbrook's virtual learning environment.

In the practical coursework you will experience a range of activities with continuous assessment and, where possible, we will aim to assess you on your own individual strengths. You will also prepare a portfolio based on one of your activities – applying theoretical knowledge and implementing and evaluating an action plan to improve your performance.

A Level

H555 – Components 1-3 (70% of A Level)

- Component 01: Physiological factors affecting performance (2hr written paper)
- Applied anatomy & physiology
 - Exercise physiology
 - Biomechanics
- Component 02: Psychological factors affecting performance (1hr written paper)
- Skill acquisition
 - Sports psychology
- Component 03: Socio-cultural issues in physical activity & sport (1 hour written paper)
- Sport & society
 - Contemporary issues in physical activity and sport
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Component 04 (30% of A Level)

Optimising practical performance in a competitive situation.

Internal assessment with external moderation.

Coursework

A range of activities are offered for assessment and the most popular ones are;

athletics, badminton, cricket, football, gymnastics, netball, tennis, rugby and swimming.

If you have expertise in another area please discuss this with the Head of Physical Education.

Progression

Students hoping to progress to a sport related degree will find this subject particularly useful. It would also be a valuable qualification for those wishing to go directly into employment in the sport or leisure industry. Equally, any student with a keen interest in sport could take Physical Education.

Career options include the Armed Forces, Coaching, Fitness Training, Osteopathy, PE Teaching, Physiotherapy, Recreation Management, Sport Development Officer, Sport Product Design, Sports Therapy, Travel Agency specialising in Sport, Sports Media, Sports Journalism and Sports Photography.

Text Books

Text books are an essential part of this course and it is advised that each student has a copy. Students will need to buy their own textbooks according to what Year of study they are in.

Year 12

Title: "PE for A Level Year 1 - Includes AS - Book 1"

Authors: John Honeybourne & Sarah Powell

Exam board: OCR A Level

ISBN: 978-147-1-85173-5

Year 13

Title: "PE for A Level Year 2 - Book 2"

Authors: John Honeybourne & Sarah Powell

Exam board: OCR A Level

ISBN: 978-147-1-85174-2

Entry Requirements:

Grade 6 or above in GCSE Physical Education. A grade 5 in English Language would be of benefit. Students will need to be highly proficient in one sport from the OCR list and they must be regularly competing within that sport.

Contact

For further information please contact Miss C Smit, Head of Physical Education