

# Physical Education A Level

**Examination Board:**  
Pearson Edexcel

**Entry Requirements:**  
Grade C in English, Grades BB in double Science.

**MUST** be taking part in a competitive sport from the approved list outside of school, either as a coach or a competitor.

## Potential Career Opportunities:

The study of Physical Education can lead into a variety of areas of study at University with Sport Science, Sports Coaching and PE teaching being the most common.

Students who study Physical Education often go into careers that require you to be flexible with a breadth of knowledge and ability to perform both academically and physically in a range of contexts, such as the Services, Coaching and Teaching.

## Course Overview:

### Component 1: Scientific Principles of Physical Education

- Topic 1: Applied anatomy and physiology
- Topic 2: Exercise physiology and applied movement analysis

### Component 2: Psychological and Social Principles

- Topic 3: Skill acquisition
- Topic 4: Sport psychology
- Topic 5: Sport and society

### Component 3: Practical Performance

You will be required to perform in one physical activity, in the role of either player, performer or coach. You will be required to demonstrate your skills while under pressure, in conditioned practice and a formal / competitive situation.

### Component 4: Performance Analysis and Performance Development Programme

- In the Performance Analysis, in either the role of player, performer or coach, you will investigate two components of a physical in order to analyse and evaluate the effectiveness of your own performance.
- The Performance Development Programme (PDP) is designed to lead on from your Performance Analysis. The purpose of the PDP is to optimise your performance in the role of a player, performer or coach.

## Assessment:

Unit	Length	% of A Level
Physiological factors affecting performance	2 hr	30%
Psychological factors affecting performance	1 hr	20%
Socio-cultural issues in physical activity and sport	Practical	20%
Performance in physical education	Coursework	30%

## Why would this course suit me?

If you enjoy taking part in Sport and compete competitively or coach regularly and wish to develop your knowledge and understanding of a range of sporting concepts then this is the course for you. A Level Physical Education will give you an in depth insight into the ever-changing world of Sports Science and investigate areas such as Sports Psychology, Anatomy and Physiology, Bio-mechanics and Exercise Physiology.

## How does this course link to other subjects?

Other subjects complement the study of Physical Education. These include:

- Biology
- English
- Psychology
- Geography
- History
- Physics
- Sociology

