



# Have you ever wondered...

- Why some people can run faster than others?
- How your personality affects your performance?
- How you could become an elite sports performer?
- Why people take drugs?
- How technology can help you?

**Study A Level Physical Education to find out the answers.**

## A Level Physical Education

Studying A Level Physical Education will give you a fantastic insight into the amazing world of sports performance. Not only will you have the chance to perform or coach a sport through the non-exam assessment component, you will also develop a wide ranging knowledge into the how and why of Physical activity and sport.

The combination of physical performance and academic challenge provides an exciting opportunity for students. You can perform, and then through the academic study improve your performance or coaching through application of the theory.

Physical Education is studied through a range of different contexts and the impact it has on both ours and other's everyday lives. You will learn the reasons why we do things, why some people outperform others, mentally and physically. You will also delve into the ethical considerations behind the use of drugs and also the influence that modern technology is having in and on physical activity and sport.

### Key features

- Simple, straightforward assessment structure
- All key areas of study covered
- Opportunities to either coach or perform in an activity
- Provides an excellent grounding for further study in this or many other areas

### Are you...

- Thinking of becoming a Physiotherapist?
- Aiming to manage a Gym?
- Wanting to become a Personal Trainer?
- Wanting to influence the diet and exercise habits of the nation?
- Fascinated by the human body?
- Studying other sciences?
- Or do you just want to understand the why behind sports performance?

If so, A Level Physical Education is for you



## What's included

30% Non-Exam assessment giving you the opportunity to apply the theory to your own sporting performance (as either a coach or a practitioner) and also to analyse performance in your chosen sport.

Joints movement and muscles	Linear motion	Ethics and deviance in sport
Muscle functions and types of contraction	Angular motion	Commercialisation and the media
Analysis of movement	Fluid mechanics	Routes to sporting excellence in the UK
Skeletal muscle contraction	Projectile motion	Modern technology in sport - its impact on participation, fair outcomes and entertainment
Muscle contraction during exercise of differing intensities and during recovery	Classification of skills	
Cardiovascular system at rest	Types and methods of practice	
Cardiovascular system during exercise of differing intensities and during recovery	Transfer of skills	
Respiratory system at rest	Principles and theories of learning movement skills	
Respiratory system during exercise of differing intensities and during recovery	Stages of learning	
Diet and nutrition	Guidance	
Ergogenic aids	Feedback	
Aerobic training	Memory models	
Strength training	Information processing	
Flexibility training	Individual differences	
Periodisation of training	Group and team dynamics in sport	
Impact of lifestyle, active/sedentary	Goal setting in sports performance	
Acute and chronic injuries	Attribution	
Injury prevention	Confidence and self efficacy in sports performance	
Responding to injuries and medical conditions in a sporting context	Leadership in sport	
Rehabilitation of injury	Stress management to optimise performance	
Biomechanical principles	Emergence and evolution of modern sport	
Levers	Sport in the 21st century	

The emphasis throughout the course is on the development of your knowledge, competence and confidence in a wide variety of skills that will enable you to confidently move forward in life. You will learn how Physical Education affects and contributes to society and also how to apply your knowledge from this course to any number of different practical situations or career choices.

## How will you be assessed?

- Non-Exam Assessment (NEA). One practical performance, as either a coach or a performer in an activity.
- NEA. One Performance Analysis task.
- A total of four hours assessment split over three examination papers (2x 1 hour and 1x 2 hour) taken at the end of the two year course.
- A wide range of Question types including: single mark, short answer and extended response questions.
- The opportunity to demonstrate your knowledge of both theory and performance skills in both your NEA and through the examinations.

## What are the benefits?

- This is an interesting and challenging learning experience, linking key sporting ideas with practical performance and gaining insight into the relationships they have with each other.
- The development of transferable skills including: decision making, psychological understanding of people, independent thinking, problem solving and analytical skills as well as thinking and acting under pressure.
- The study of A Level Physical Education opens up a range of possibilities for further study and careers associated with the subject.

## Where can A Level Physical Education take me?

- A Level Physical Education is an excellent base for a university degree in sports science, sports management, healthcare, or exercise and health. Physical Education can also complement further study in biology, human biology, physics, psychology, nutrition, sociology and many more.
- A Level Physical Education can open up a range of career opportunities including: sports development, sports coaching, physiotherapy, personal training or becoming one of the next generation of PE teachers. The transferable skills you learn through your study of Physical Education, such as decision making and independent thinking are also useful in any career path you choose to take.

## Thought provoking questions

- Is the monetary cost of holding the Olympics worth it?
- How much influence does the mind really have over the body?
- If drugs were legal for all what would the sporting world look like?
- Why do we 'hit the wall' during exercise?
- Why train SMART?

