

Physical Education

Sport and exercise is a huge and rapidly expanding global industry, while levels of public fitness and participation in physical activity are issues in the political agenda. For this reason, sport and exercise scientists are in increasing demand, particularly given the drive of professional athletes to maximise their potential.

This is an ideal course for students who have an interest in both practical performance and the theoretical aspects of sport. It covers factors that affect both participation and optimal performance in physical activity and sport and enhances students' understanding of the factors that affect their own performance and that of others.

What do you study?

- Applied anatomy and physiology (e.g. cardiovascular system, respiratory system, neuromuscular system, musculo-skeletal system and analysis of movement in physical activities, energy systems)
- Skill acquisition (e.g. skill classification and continuums, theories of learning and performance, memory models, information processing)
- Sport and society (e.g. Pre-industrial, industrial and post-industrial, post World War II, the impact of sport on society and society on sport)
- Exercise physiology (e.g. diet and nutrition, training methods, injury prevention and rehabilitation)
- Biomechanical movement (e.g. biomechanical principles, levers, linear motion, angular motion, projectile motion, fluid mechanics)
- Sport psychology (e.g. attitudes, arousal, anxiety, aggression, motivation, social facilitation, group dynamics, goal setting, leadership, stress management)
- Sport and society and the role of technology in physical activity and sport (e.g. concepts of physical activity and sport, development of elite performers in sport, ethics in sport, violence in sport, drugs in sport, sport and the law, commercialisation, the role of technology)

Beyond A Level

A Level Physical Education provides an excellent foundation for candidates in coaching, sports development, the leisure industry, recreational

management, the health and fitness industry and professional sport. It is accepted at all universities and gives access to various higher education and any number of sport related employment opportunities including sports nutrition, sports psychology, sports journalism and the leisure industry including personal training.

Examinations

Examination board AQA

Specification code: 7582.

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

2 hour paper. 35% of the total A Level marks

Paper 2 – Factors affecting optimal performance in physical activity

Section A: Exercise physiology and biomechanics

Section B: Sport psychology

Section C: Sport and society and technology in sport

2 hour paper. 35% of the total A Level marks

Non-exam assessment – Practical performance in physical activity and sport. Students are assessed as a performer or coach in the full sided version of one activity. Plus: written/verbal analysis of performance.

Internal assessment, external moderation. 30% of the total A Level marks

Staff members

<i>Mrs Daniels</i>	<i>Head of Physical Education</i>
<i>Mr Williams</i>	<i>Teacher of Physical Education</i>
<i>Miss Wiseman</i>	<i>Teacher of Physical Education</i>
<i>Mr Bartlett</i>	<i>Teacher of Physical Education</i>

