

# Physical Education

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## Qualifications and Qualities Needed

A passion for sport, PE and physical activity is vital to study PE further and succeed on this exciting and broad course. The PE faculty are happy to speak to you about your suitability for the course. However, it is mandatory that you have studied GCSE PE and gained at least a grade 6 overall, including a 6 on the theory paper. Also, it is essential for you to have good ability within science because much of this course involves anatomy and physiology. We expect you to have a real enthusiasm for the study of sport and it is vital that you still take part in competitive sporting activities. This may involve coaching. The students who excel in this course are the ones who are motivated to learn more. They develop their understanding of the areas that we cover in lessons in their own time in order to cement learning. Only if you are prepared to put in 4 / 5 hours of work at home each week will you develop the understanding of the theory that allows you to apply the ideas to practical examples. Students who achieve well are ones who read around the subject and develop their knowledge and understanding by expanding upon their class work.

## Course Structure

AQA - 70% theory, 30% practical and coursework

It is important that students are aware of the academic make up of this course. 70% of the course is assessed through 2 examinations. The majority of your lessons will be theory based because the increase in knowledge that is required from GCSE to A Level is so great. You will need to learn how to apply the theory to practical examples. The theory aspect of the course will be assessed in 2 examinations;

### Exam Paper 1: Factors affecting participation in physical activity and sport

#### What's assessed

Section A: Applied anatomy and physiology  
Section B: Skill acquisition  
Section C: Sport and society

#### How it's assessed

Written exam: 2 hours  
105 marks  
35% of A-level

### Exam Paper 2: Factors affecting optimal performance in physical activity and sport

#### What's assessed

Section A: Exercise physiology and biomechanics  
Section B: Sport psychology  
Section C: Sport and society and technology in sport

#### How it's assessed

Written exam: 2 hours  
105 marks  
35% of A-level

## Practical Assessment

This is worth 30% of the A Level. You are assessed in one activity area and this is why you must be playing or coaching at least one sport to a competitive level outside of school. You will also be subject to an analysis of performance interview and analysis and evaluation of your own performance.