

AS A Level Physical Education

09/10

Introduction

Physical Education has proven to be a very popular A level subject for students. It offers you the opportunity of learning about the physical demands and mental requirements for effective sports performance. You will experience two lessons of theory a week where you will find out about how your body's anatomy and physiology systems can be improved to enhance your physical fitness; gain a knowledge and understanding of the psychological aspects that can influence your learning of skills and determine your level of sporting performance; and research the changes in society that have impacted upon the growth of sport over the last few centuries to today. You will also have one practical lesson per week whereby a variety of the major sports will be undertaken, two of which you will select to be assessed in. In the practical sessions you will have the opportunity of improving your skills through applying your newly gained knowledge and understanding of the theory aspects of the course by observing, analysing, interpreting and critically appraising your own and other students' sporting performances. Results in Physical Education have been very good and many students have successfully applied to University to continue a sport related degree course.

General Information

Entry Requirements: 5 GCSEs at Grade C or above, including a science. You should also display an enthusiastic and committed approach to both the theory and practice of Physical Education.

Structure of the Course:

In the first year as an AS student you will study the following two units:

- An introduction to Physical Education:**
Examining the anatomical and physiological factors that affect performance; looking at how individuals acquire, perform and teach movement skills; and Investigating the role of physical education/ sport in society
- Acquiring, developing and evaluating practical skills in Physical Education:**
Experience different activities and assessing your own development in one sporting activity of your personal choice. You will complete a Practical Performance Portfolio in one of your chosen sports.

If you continue to A2 to study for the Advanced GCE qualification you will build on the theoretical and practical areas studied in Year 1 by completing a further two units:

- Principles and concepts across different areas of Physical Education**
You will choose three options (at least one from each section a and b)
 - Socio-cultural:** - Historical Studies and/or Comparative Studies in PE
 - Scientific:** - Sports Psychology/Biomechanics/Exercise and Sport Physiology
- The improvement of effective performance and the critical evaluation of practical activities in Physical Education** Assessing your performance in two sporting activities of personal choice, with an in-depth observation and analysis of your performance in one of the chosen activities.

Methods of Assessment:

Assessment will be based on Examinations, Practical Coursework including a Practical Performance Portfolio (Year 1) and Observation and Analysis (Year 2)
In each year you will sit 1 exam and complete practical coursework in 1 sport.

Future Opportunities

Successful students will find this qualification useful if they intend to follow further sport-related courses in Universities and Colleges of Higher Education such as: - Physical Education, Sports Science, Human Movement, Recreation Management or enter a career in the Police, Armed Forces, Nursing, Physiotherapy, Teaching, Leisure, Sports and Journalism.

Additional Points To Note

AS and A2 Level Physical Education combine well with a number of other AS and A Level courses including Biology, Psychology and BTEC National Sport.