

# Physical Education

As a talented sportsperson your skill, ability, motivation and, not to mention, brainpower can now be rewarded with a recognised academic qualification. A level PE covers an incredibly diverse and interesting range of topics. Not only will you learn about how the body works (do you know for example, where your 'Supraspinatus muscle is and what it does? No? You could! In addition, much of the knowledge and understanding gained on the course can be applied to you as a sportsperson and used to improve your personal performance. As well as developing the academic skills of a scientist you will also become a psychologist, physiologist, sociologist and even a philosopher!

## What will you be learning?

### 1. Physiological factors affecting performance:

- ❖ Applied anatomy and physiology
- ❖ Exercise physiology
- ❖ Biomechanics

Examined through a 2 hour written paper worth 90 marks = **30%** of total A level

### 2. Psychological factors affecting performance:

- ❖ Skill Acquisition
- ❖ Sports psychology

Examined through a 1 hour written paper worth 60 marks = **20%** of total A level

### 3. Socio-cultural issues in physical activity and sport:

- ❖ Sport and society
- ❖ Contemporary issues in physical activity and sport

Examined through a 1 hour written paper worth 60 marks = **20%** of total A level

### 4. Performance in physical education:

- ❖ Performance or coaching
- ❖ Evaluation of performance for improvement (EPI)

Non-exam assessment (NEA) = **30%** of total A level

By the end of the two years you will have studied the Anatomy and Physiology of movement, how the body adapts and responds to varying intensities of exercise. You will have looked at the ways in which we learn or acquire skill and how we develop these skills

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to become accomplished sports performers, or not! You will also look at the role of sport in society and how culture affects participation. Finally you will learn the techniques of observation and analysis and use these to improve your performance in two sports. At the end of the two years you will take three written exams covering all the theory units and you will be assessed as a performer in one sport. You will be expected to use quantitative skills in the written exams which involve the ability to handle data and use numerical evidence, often from graphs and tables.

### **What are lessons like?**

‘Lessons are fun but academically challenging—the Anatomy and Physiology is not for the faint-hearted’

‘ I was surprised that there was little practical in PE, it’s not so much about you performing but more about you observing and analysing performance with a view to improving, it gives a different perspective’

‘There’s loads of written work and homework but it’s all interesting, well nearly all, tough though’!

‘There’s lots of extra reading and research that you must do independently to keep up, it’s really important’

‘ I found the lessons more challenging than I expected but really enjoyed them and extending my knowledge from GCSE PE – hard work but worth it’ !

### **What can it lead to?**

A level PE will give you the chance to study Sports Science at University. It is a recognised academic qualification. Many doors will be open to you if you are interested in a career in sport, sports coaching for example, and a career in Leisure and Health is always an option. A level PE is good fun, interesting and hard work, but if you love sport, it’s really up your street. Give it a shot!!

### **Want to know more?**

To find out more about the course and discuss your suitability please contact [H.Pakeman@qes.org.uk](mailto:H.Pakeman@qes.org.uk) , [A.Blackburn@qes.org.uk](mailto:A.Blackburn@qes.org.uk) or [D.Williams@qes.org.uk](mailto:D.Williams@qes.org.uk)