
PHYSICAL EDUCATION

Examination Board: **AQA**

Syllabus: **7582**

WHY STUDY PHYSICAL EDUCATION?

Students will have the opportunity to:

- Develop knowledge and understanding of the changes within the body systems prior to exercise, during exercise of differing intensities and during recovery
- Learn how skill is acquired and the impact of psychological factors on performance.
- Develop knowledge and understanding of the principles required to optimise learning of new, and the development of existing, skills in a range of physical activities.
- Understand and apply principles of biomechanics and sports technology that will underpin future sports science related study
- Critique a performance in their chosen sport and devise a programme for improvement

THE A LEVEL PROGRAMME OF STUDY: How you will be assessed

Unit	Unit contents	Assessment and duration
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	Written exam: 2 hours 105 marks 35% of A-level
Paper 2: Factors affecting optimal performance in physical activity and sport	Section A: Exercise physiology and biomechanics, Section B: Sport psychology, Section C: Sport and society and technology in sport	Written exam: 2 hours 105 marks 35% of A-level
Non exam assessment	Students assessed as a performer in the full sided version of one activity. Written/verbal analysis of practical performance	Internal assessment, external moderation 90 marks 30% of A-level

HIGHER EDUCATION AND CAREER OPPORTUNITIES

There are endless opportunities. Recent students have gone on to study at degree level in: Sport and Exercise Science; Sports Psychology and Coaching Sciences; Football Business and Marketing and Sports Coaching; and Physical Education.

SUBJECT SPECIFIC ENTRY REQUIREMENTS

Students are usually required to achieve a grade 5 or above in GCSE PE. Students must also achieve grade 4 or higher in English, mathematics and science at GCSE.

FOR FURTHER INFORMATION

Please contact Mr R Sutton rsu@sandon.essex.sch.uk