

Physical Education

Ms L Dann

AQA 7852



Entry Requirements

Grade 6 in GCSE PE

Course Aims

The A-level specification in physical education should equip students with both a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education. It allows students to play to their strengths, and gain dynamic theoretical and practical skills for further education or work.

Students will develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance, improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds.

Course Outline

Paper 1 Factors affecting participation in physical activity and sport 2 hour exam 35% of overall grade

Applied Anatomy and Physiology - Students will develop knowledge and understanding of the changes within the body systems prior to exercise, during exercise of differing intensities and during recovery.

Skill Acquisition - This section focuses on how skill is acquired and the impact of psychological factors on performance. Students will 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.

Sport and Society - Students will develop knowledge and understanding of the interaction between, and the evolution of, sport and society.

Paper 2 Factors affecting optimal performance in physical activity and sport 2 hour exam 35% of overall grade

Exercise physiology - Students will understand the adaptations to the body systems through training or lifestyle, and how these changes affect the efficiency of those systems.

Sport psychology - In this section students will develop knowledge and understanding of the role of sport psychology in optimising performance in physical activity and sport.

Sport and society and the role of technology in physical activity and sport -

Students will develop knowledge and understanding of the interaction between, and the evolution of, sport and society and the technological developments in physical activity and sport.

NEA - Written coursework and assessment in 1 sport - 30% of overall grade.

Resources

- AQA A Level PE for A- Level Year 1 and AQA A Level PE for A -Level Year 2 - Hodder Education