



PE

Course details

AS/A level

70% Theory— including the following areas of study;

1. Anatomy & Physiology

- The skeletal and muscular systems
 - Joints and Movement
- The cardiovascular and respiratory systems
- Energy systems
- Altitude/heat and the effects on the body

2. Diet, Nutrition and Performance

- Components of diet
- Ergogenic Aids
- Drugs in sport

3. Biomechanics

- Levers and forces
- Angular and Linear Motion
- Projectile Motion
- Movement analysis with technology



Course details continued

4. Training methods

- Types of training
 - Aerobic
 - Flexibility
 - Strength
- Training and its effect on diseases

5. Skill Acquisition

- Skill classification and Learning
- Guidance and feedback

5. Psychological

- Personality and aggression
- Arousal and motivation
- Group Dynamics

6. Socio-cultural issues in physical activity and sport

- Sport and Society
- Evolution of sport
- The media and commercialisation
- Modern technology

Course details continued:

30% Performance

1. Performance in 1 sport *

*Practical performance is graded on 1 sport only - students need to play this sport at a club level and be prepared to continue throughout the duration of the course.

*Assessment can be on coaching rather than practical performance, but **not** officiating

2. Evaluation and Analysis of performance for improvement

“Studying AS or A Level Physical Education will give you a fantastic insight into the amazing world of sports performance. Not only will you have the chance to perform or coach a sport through the non-exam assessment component, you will also develop a wide-ranging knowledge into the how and why of physical activity and sport.”

A LEVEL OVERVIEW:

Content Overview	Assessment Overview	
<ul style="list-style-type: none"> Applied anatomy and physiology Exercise physiology Biomechanics 	Physiological factors affecting performance (01)* 90 marks 2 hour written paper	30% of total A level
<ul style="list-style-type: none"> Skill acquisition Sports psychology 	Psychological factors affecting performance (02)* 60 marks 1 hour written paper	20% Of total A level
<ul style="list-style-type: none"> Sport and society Contemporary issues in physical activity and sport 	Socio-cultural issues in physical activity and sport (03)* 60 marks 1 hour written paper	20% of total A level
<ul style="list-style-type: none"> Performance or Coaching Evaluation and Analysis of Performance for Improvement (EAPI) 	Performance in physical education (04)* 60 marks** Non-exam assessment (NEA)	30% of total A level

Lessons are primarily theory based, but whenever possible elements of the course will be taught in a practical environment

“All areas of content are now compulsory. As such you will receive a well-rounded and full introduction to the world of PE, sport and sports science. This complete grounding in the subject provides a fantastic base for you to build when you move on to higher education, employment or further training.”

AND AFTER A-LEVEL PE?

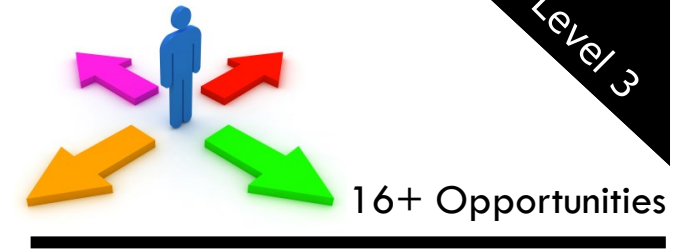
The wide ranging course specification allows students to develop both sport specific and many other academic skills that are of significant benefit as they progress into either higher education or employment.

It also gives an insight into the many diverse opportunities that are available within the world of sport.

Students often go on to university to do Sports Science and Physical Education or coaching Degrees.

Possible career options include:

- PE teaching
- Physiotherapy
- Sports Coaching/Management
- Sports Psychology or Nutrition
- Personal Trainer



2018

Physical Education

A Level



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