

## Physical Education A Level

### Overview

This course is designed to enable you to:

Develop your knowledge and understanding in the Physiological and Biomechanical factors affecting performance. The Psychological factors affecting performance and the Socio-cultural issues in physical activity and sport.

Compare the sporting nature and structure of the USA, Australia with the UK.

Participate in competitive sporting activity on a regular basis.

Improve your performance in physical activity from both a performer and observers perspective.

Discover the physiological, psychological and sociological realms of physical education and the world of sport science further.

You will be assessed in three separate exams (70%) as well as a non-exam assessment as a performer and analyst.

### Will this course suit me?

The course is open to students who are enthusiastic about the subject and are willing to work hard. A certain degree of ability in Sport is necessary, but a great deal of interest and personal motivation is essential. The written component is a challenging and enjoyable aspect of the course and should not be underestimated. The course is a testing one which requires a dedicated approach. Practically, students must be of a relatively high standard in two sports. There is an expectation that students are engaging in competitive sport outside of school hours, ensuring that they are achieving their full potential when assessed practically. It should be noted that students will need to gain footage of themselves playing competitively outside of school in their chosen sport(s), as well as evaluate and plan for the improvement of performance of another performer.

### Opportunities

Many students from this subject area continue into higher education in very similar areas such as Sports Science, Sports and Exercise Science, Sports Studies, PE Teaching, Sports Coaching and Sports Development. A wide range of careers in the sports and leisure field are available. Other possible routes may include Chiropractic, Dance Studies, Exercise and Health, Human Life Science, Nursing, Occupational Health and Safety, Occupational Therapy, Osteopathy, Outdoor Pursuits, Physiotherapy, Leisure Management and Sportswear Design.