

A-level Physical Education

Below you will find some information regarding the A-level Physical Education course. Please note that there are some entry requirements for this course; please speak to us if you have any queries or questions.

What does the course involve?

A-level Physical Education offers a holistic and in-depth insight into a wide range of intriguing and interesting topics. It is an exciting course that provides students with a unique opportunity to gain powerful knowledge across a range of important sporting disciplines. Content includes analysing the impact of exercise on various body systems, evaluating the commercialisation of modern-day sport, discussing the growth of technology and researching the importance of sports psychology on sporting performance. The aim is to equip students with the knowledge, skills and behaviours required to be successful at University and in the work place.

Both years focus on three areas that are constantly revisited to ensure maximum retention.

Year One:

- Applied Anatomy & Physiology
- Skill Acquisition
- Sport and Society

Year Two:

- Exercise Physiology and Biomechanical Movement
- Sports Psychology
- Sport and Society and the role of technology in Sport

The course is assessed by examination (70%) and coursework (30%). The coursework element is broken down into a practical assessment in one sport (see AQA specification for the list of accepted sports) (15%) and a written performance analysis piece (15%).

Where can Physical Education take you?

A Level PE can lead to a range of further education courses before progressing on to a range of careers. The skills you acquire are transferable across many careers. Students utilise the physiological and anatomical knowledge to move onto courses including sports nutrition, sports science, sports medicine, sports psychology and various roles in the NHS. In addition, the skills, knowledge and behaviours learnt are transferable and can be applied to a range of courses outside of the sporting sector.

Find out more We encourage you to contact us with any questions, or alternatively why not follow the link to access Padlet, our bespoke training resource.

Quick course facts

You should have a minimum of five GCSEs graded at level 4 or above, including English and Mathematics.

In addition, you must achieve a 5 or above in GCSE Science and take part in sport/physical activity on a regular basis.

You will acquire skills in performance analysis, data interpretation, research, extended writing, analysis and evaluation. These are valued across all job sectors.

Specific careers in the sport and health sector include sports medicine, dietician, nursing, physiotherapy, performance analysis, sports business/marketing and sports journalism.

