

## A – Level Physical Education: AQA

**Why study A Level PE?** Applying anatomical, physiological and psychological theories to sporting activities, the course also explores what contributes to an active and healthy lifestyle and provides an insight into movement, behaviour and technology in relation to sport and play as well as providing lots of opportunities for students to optimise their own practical performance. A Level PE leads onto many sports-related degrees and medical-related courses such as occupational therapy and physiotherapy. In addition, the variety of skills developed through PE are valuable for many other higher education pathways.

**A LEVEL PE Entry requirement:** A Grade 5 in GCSE English Language and Grade 5 in Biology or Combined Science. If you have not completed a GCSE in PE you can provide alternative evidence of your aptitude for the subject. If you did take GCSE PE a Grade 5 should have been achieved.

**Qualities and skills required:** You must be an enthusiastic sports performer with a strong interest in Physical Education topics. Our students have access to a wide variety of health and fitness trips and events and will be expected to play a significant role in Sports Leadership within the PE department.

### What will the course involve?

Paper 1: Factors affecting participation in physical activity and sport	Paper 2: Factors affecting optimal performance in physical activity and sport	Non-exam assessment: Practical performance in physical activity and sport
<p><b>What's assessed</b></p> <p>Section A: Applied anatomy and physiology</p> <p>Section B: Skill acquisition</p> <p>Section C: Sport and society</p>	<p><b>What's assessed</b></p> <p>Section A: Exercise physiology and biomechanics</p> <p>Section B: Sport psychology</p> <p>Section C: Sport and society and technology in sport</p>	<p><b>What's assessed</b></p> <p>Students assessed as a performer or coach in the full sided version of one activity.</p> <p>Plus:</p> <p>written/verbal analysis of performance.</p>

### What can I do with an A Level in PE?

Physical education lends itself to a range of careers in sports and fitness as well as other industries that you may not have considered before. For example, did you know that many nutritionists, physical therapists and chiropractors have a degree in PE? Some careers that you could consider doing with PE include:

- Sports science
- PE teacher
- Physiotherapist
- Professional sportsperson
- Sports coach/consultant
- Sports policy at local and national level
- Diet and fitness instructor
- Personal trainer

A LEVEL P.E.



## Cambridge Technical Extended Certificate - Sport and Physical Activity

**Who should take the course?** Students should have a real interest in sport and also in science relating to sport. Students should be willing to explore new theories and form their own ideas and opinions from these. Ideally when studying this course, students should be looking at a pathway into a Sport or a related degree at University.

**What is the course about?** Level 3 Sport and physical activity Aims to: • Give all students the opportunity to gain a new, nationally recognised qualification that can be used when applying either for future education or employment. • Provide a wide-ranging, intellectually demanding vocational learning experience • Use the motivating interest in sport to promote academic learning • Give the students opportunities to acquire a scientific understanding of how the body responds to Sport and Exercise in different scenarios. • It will extend the students knowledge in the organisation of sport in the UK and abroad, as well as the main psychological, social and physiological factors that affect the performance of a practical

### Extended Certificate– Units Aim and Purpose

Unit 1: Body Systems (Exam Assessed)	Unit 2: Sports Coaching (Coursework Assessed)	Unit 3: Sports Organisation and Development (Exam Assessed)	Unit 5: Performance Analysis (Coursework Assessed)	Unit 18: Practical Skills in Sport and Physical activity (Coursework Assessed)
In this unit students will gain an understanding of the structures and functions of the key body systems, how these support and impact performance in sport and physical activity, and the effects that physical activity, training and lifestyle can have on them.	This unit will give students an understanding behind the theory of what makes good sports coaches and activity leaders and methods that can be employed to improve the performance of sports participants. They will explore the roles and responsibilities of coaches and leaders and how these differ from each other and be involved in delivering and teaching sport and physical activity.	In this unit students will gain an understanding of the organisations involved in sport in the UK, their roles and responsibilities and how they work together. They will also gain an understanding of sports development including the organisations involved, who sports development is targeted at, why sports development is carried out and how the success of sports development initiatives can be measured.	This unit will give students the skills and knowledge required to carry out performance profiling and analysis and deliver feedback to the performers in a manner that is suitable for them.	This unit gives students the opportunity to participate in a number of different sports and outdoor activities. Allowing them to experience situations that they may later be coaching or leading students in. In this unit students will learn how to apply skills, tactics, techniques and knowledge in individual sports, team sports and outdoor activities which will allow them to participate effectively, safely and enjoyably.

#### WHERE CAN IT LEAD?

Upon completion you will be able to start working in the sector or progress further in education including university level courses. You could also study for your fitness instructor/personal trainer qualification part time at college whilst starting work. Careers include: Coaching, Teaching and Instructing; Instructing Physical Activity and Exercise; Achieving Excellence in Sports Performance; Leisure Management; Sports Development; Armed Forces; Emergency Services; Outdoor Education, Development Training or Recreation.

**PRACTICAL**  
**TECHNIQUE**  
**FITNESS**  
**HEALTHY**  
**SKILLS**  
**LIFESTYLE**  
**LEADERSHIP**  
**GOALS**  
**ACTIVITY**  
**COMPETITION**

**MOTIVATION**  
**COACHING**  
**COLLABORATION**