

Course Information



A Level Physical Education

What is A Level Physical Education?

It is not a requirement that you have studied Physical Education at GCSE level in order to take an Advanced GCE course in Physical Education. You must however coach or play a sport outside of school (only students willing to Coach a School team after school every week will be the exception to this rule). A grade B in Science is highly recommended due to the high volume of exercise science in both exams.

Assessments including 2 exams

Exam 1 includes 3 areas:

Section A: Applied anatomy and physiology

Section B: Skill acquisition

Section C: Sport and society

This is a 2 hour exam paper consisting of 105 marks and makes up 35 % of the A Level

Exam 2 includes 3 areas:

Section A: Exercise physiology and biomechanics

Section B: Sport psychology

Section C: Sport and society

This is a 2 hour exam paper consisting of 105 marks and makes up 35 % of the A Level

There are then two aspects to the Non Exam Assessment : Worth 30 %

1. Practical performance—Students are assessed as a performer or coach in the full-sided version of their sport in one activity.

Students will be assessed for all of the activities in the following skills:

- Area of assessment 1: Technical quality – aspect 1 (15 marks).
- Area of assessment 2: Technical quality – aspect 2 (15 marks).
- Area of assessment 3: Application of strategic/tactical awareness (15 marks).

2. Performance analysis assessment (analysis and evaluation).

Students can analyse and evaluate their own performance or the performance of another, as long as it is in an activity that is from the specification.

This can be either a purely written format, or via a combination of a written format (eg continuous prose/PowerPoint slides etc) and additional verbal explanation (eg expanding on PowerPoint presentation/interview)

The course leads to:

A Level Physical Education is an excellent base for a university degree in sports science, sports management, healthcare, or exercise and health. Physical Education can also compliment further study in biology, human biology, physics, psychology, nutrition, sociology and many more.

A Level Physical Education can open up a range of career opportunities including sports development, sports coaching, physiotherapy, personal training or becoming one of the next generation of PE teachers. The transferable skills you learn through your study of Physical Education, such as decision making and independent thinking are also useful in any career path you choose to take.