

A Level

Specification: AQA 7582

PHYSICAL EDUCATION

Contact:

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What will I study?

- Applied anatomy and physiology
- Skill acquisition
- Sport and society
- Exercise physiology
- Biomechanical movement
- Sport psychology
- Sport and society and the role of technology in physical activity and sport

How will I be assessed?

Paper 1 (35% of A-level)

What is assessed?

Section A: Applied anatomy and physiology

Section B: Skill acquisition

Section C: Sport and society

How it is assessed

Written exam: 2 hours

Questions

Section A, Band C: multiple choice, short answer and extended writing (35 marks each)

Paper 2 (35% of A-level)

As above, except assessment covers:

Section A: Exercise, physiology and biomechanics

Section B: Sport psychology

Section C: Sport and society and technology in sport

Non Exam assessment (30% of A-level)

Students assessed as a performer or coach in the full sided version of one activity.

Students also have to provide written/verbal analysis of performance.

Internal assessment, external moderation.

Video evidence must be provided of the candidate performing in a competitive situation. This video evidence is the sole responsibility of the student to put it together.

How will I learn?

Topics are taught in class and practical situations. There are many opportunities to go to Oxford University physiology labs to gain first-hand experience (for coursework etc.)

Students are expected to work independently at home and keep up to date with sporting issues via the media. Students must participate outside school in their non-exam assessment (practical work) over the full period of their course.

What skills will I need?

- Self-motivation
- Need Interest in the theoretical side of sport
- Independent learning and self-organisation
- Problem solving
- Reviewing and modifying
- Critical analysis
- Be able to coach or perform to a high level

It is worth noting that there is a much heavier theoretical content of the course compared to that at GCSE.

To be successful on this course you **must** be involved with an outside club as a coach or performer in an activity in accordance with the AQA specification. (See AQA website)

Careers & Progression

- Apprenticeship/university
- Sports coaching
- Sports and exercise science
- Strength and conditioning and personal trainer
- Sports rehabilitation
- Physical Education Teacher