Course title: PE A Level

Academic year:	2027
Course Venue:	Sir Graham Balfour High School
Course Type:	A level
Duration:	2 years

Course Description:
Students will study the following topics over the two years:

- 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

Students will also be required to take part in sport as either a performer or coach and complete a performance analysis in a chosen sport.

Additional Information:
During the AS and A2 Physical Education course, students will build upon the skills, knowledge and understanding gained at Key Stage 4 and GCSE P.E. Students will study various aspects of sport, including, social, global, anatomy and physiology and skill. Alongside this, practical performance and understanding of performance analysis will be developed.

Students are expected to take an active part during lessons, working individually, in pairs or small groups. Homework tasks will include research, reading around the subject, planning, writing essays and practical performance, thus requiring a high level of commitment, self-discipline and a strong work ethic.

Entry requirements:
The standard entry criteria to study in the sixth form are a 9-5 in at least five different subjects, including English and mathematics, which would usually be at grade 4 or above.

Assessment:
Assessment will take the form of two written examinations (2 hours)

Paper 1

Topics:

- Applied anatomy and physiology
- Skill acquisition

- Sport and society

Paper 2

Topics:

- Exercise Physiology
- Biomechanical Movement
- Sport Psychology

Both papers are 2 hours in duration, comprise of 105 marks, with a mixture of multiple choice, short answer and extended writing questions. Each paper is worth 35% so together they make up 70% of the final grade.

The remaining 30% of the marks will take the form of a practical assessment. This will be one sport as either a coach or performer and students will have to produce a written performance analysis on their chosen sport.

Financial Information: N/A

Future opportunities:
Sport is an institution and, through the study of its position in society, students will address issues that will enable them to formulate values and beliefs as well as appreciating those of other people.

Sport and Leisure is the fastest growing industry in the country. There has never been a better time to be involved in sport. The A level Physical Education course is ideal for creating the perfect pathway into further education, offering a fantastic starting point to university courses such as: sport, exercise and coaching science, sports management, physiotherapy, sports injury, health and fitness, physical education teaching and many more. It is also a great stepping-stone for a vocation in sport and leisure with a whole host of related jobs. These include: sports coach, sports management, personal trainer and many more.

Further information:
Students will need to be physically active and those who take part in competitive/organised sport outside of school will be at an advantage.