

# Physical Education

## General Information

## Advanced Level

(Exam board – AQA)

(Specification code: 7582)

Physical Education studies the demands made upon a sports performer from physiological, psychological and sociological points of view. It offers you the opportunity to demonstrate your understanding and personal competence in one activity and you are expected to be actively involved in the activities throughout the course, **playing your sport at college and club level.**

This practical element involves:

- personal competence in **one** sport or dance as a performer or a coach

The practical activity is used by the performer to analyse and evaluate your own strengths and weaknesses.

One module involves you gaining knowledge of anatomy and applying it to sporting activities. As well as the body working, it also involves knowledge of the mind and skill acquisition that leads into sports psychology. The study of opportunities for participation in society completes the paper 1 module and there is a two hour written exam for this paper.

You study physiology, sports psychology biomechanics and elite performance for paper 2 and there is a 2 hour exam for this paper.

**Anatomy includes** - movement analysis, neuromuscular system, respiratory system, cardiovascular system.

**Skill Acquisition includes** - Skill classification, practice, guidance and feedback, learning theories and information processing

**Sport and Society includes** - history of sport, media and commercialisation of sport, sociology of sport and increasing participation in sport.



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### Examination details

#### ■ PAPER 1

Paper 1 is the factors affecting participation in physical activity and sport and is a 2 hour paper - 35%

- Applied physiology and anatomy
- Skill acquisition and sports psychology
- Sport and society

#### ■ PAPER 2

Paper 2 is a 2 hour paper - 35%

- Exercise physiology, biomechanics, sports psychology and sport and society / sport technology
- There is also a practical component in one role and one sport - 30%

### Entry requirements

You are required to have a **GCSE grade 4 in Combined Science or Biology or Physics** before starting the course.

You should perform at club level in your chosen sport.

Students also must have at least a grade 4 in GCSE Maths and English. If students have studied GCSE PE at least a grade 4 is required.

In this subject, particular skills and aptitudes will be required, many of which will be demonstrated by students' GCSE profiles.

Entry requirements might be changed in light of curriculum reform.

### How it is taught

Units are teacher-led using a combination of styles and practical examples to demonstrate theoretical issues.

You regularly complete exam style tasks and questions.

You have the opportunity to complete your Community Sport Leader Award as part of the course.

### Useful / common subject combinations

The subject combines well with Health & Social Care, Psychology and Science subjects.

### Careers / HE information

A number of students progress to related courses at university and take up careers in P.E. teaching, physiotherapy, sport and exercise science, sports coaching and the sport and leisure industry.

# QE