

THE PROGRAMME

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. Practical: performance in physical activity and sport. Students assessed as a performer or coach in the full-sided version of one activity and written/verbal analysis of performance. The style of teaching for this course is a teacher-centred approach through direct teacher instruction and student-centred approach, through enquiry-based and cooperative learning.

The AS assessment process is the following:

Component 1:- 2 hour written paper. 70% of AS level

- 84 marks Factors affecting participation in physical activity and sport

Component 2:- Non-exam assessment: 30% of AS-level

- 45 Marks for Practical performance in physical activity and sport:- Students assessed as a performer in the full sided version of one activity.
- 45 marks for Written/verbal analysis of performance. Internal assessment, external moderation

The A Level assessment includes:

Component 1:- 2 hour written paper 35% of A Level. Factors affecting participation in physical activity and sport

- 105 marks- Applied anatomy and physiology, Skill acquisition, Sport and society

Component 2:- 2 hour written paper 35% of A Level. Factors affecting optimal performance in physical activity and sport

- 105 marks- Exercise physiology and biomechanics, Sports psychology, Sport society and technology

Component 3:- Practical performance in physical activity and sport. 30% of A Level. Internal assessment, externally moderated. 90 marks total

- 45 marks Practical Performance
- 45 marks Analysis and Evaluation

WHY STUDY THIS SUBJECT?

This study will enhance your knowledge and experience of PE and Sport, as well as giving you a deeper understanding of health issues. This A Level offers a multi-disciplinary approach to the study of and participation in sport, play, leisure and recreation, allowing you to study movement, performance and behaviour, in relation to PE. You should enjoy science and looking at how the human body and mind is affected by sport participation and performance and you should also be interested in the place of PE and sport in our society and how the subject has developed opportunities for participation. It goes without saying that you must also enjoy developing and acquiring skills and techniques in a variety of physical activities.

CAREER POSSIBILITIES

Sport & fitness is a huge industry ... and you can be part of it. If you're keen on sport, you can make a healthy living from your passion. Whether that's working for a football club, as a personal trainer at the local gym, or training to be a physiotherapist, there are lots of opportunities. From professional sport through to amateur teams and individuals who just want to get in shape, sport and fitness is a fast-growing business. Best of all, you could be in a career doing something that you love. PE goes well with other subjects. If you want a career in physical education, you might also consider Biology and Psychology. But no matter what your career ambition, if you are passionate about sport, this course is great to take alongside other subjects.

