

# Physical Education

## A Level

### Overview

This challenging, multi-disciplinary course incorporates aspects of Exercise, Physiology, Sociology and Psychology related to the sports industry. The course provides access to a wide variety of sport related courses including Sports Science, Sports Therapy, Sports Psychology and Education degrees.

This course will help prepare students for a range of careers in the Sport and Exercise industry as well as supporting careers involving Media, Psychology, Physiotherapy and Sociology.

### What goes well with this course?

Sport courses are diverse and cover a range of sport related topics including anatomical, psychological and sociological aspects of Sport. This means a wide range of subjects work well with A Level PE including:

- Business
- Media
- Sociology
- Psychology
- Biology
- Applied Human Biology

### Progression

Studying Sport at Reigate College could lead to:

- A degree in Sports Studies, Sports Science, Exercise Science, Physiotherapy, Sports Management or Sports Coaching and PE teaching



- Careers within the Fitness Training Industry, Leisure Centres, Sports Development and Coaching are also popular

### Course Content

This course covers:

- The physiological effects of adopting a healthy lifestyle
- The short term effect of exercise/ performance and the long term effects of training
- Analysis of movement across a range of sporting actions
- Acquisition of skills and the impact of psychological factors on performance
- Opportunities for physical activity, benefits to the individual and society and the potential barriers faced by minority groups

- Energy sources and systems
- Elite preparation and training
- Specialised training and sports injuries
- The use of psychological theories and techniques to optimise performance
- Concepts and characteristics of World Games and their impact on the state and individual
- Development and impact of sports technology on performers, equipment and facilities
- The development of sport from rational recreation to its modern day format

## Educational Experiences

### Course Specific Trips, Visits & Experiences

Physical Education A Level students have the opportunity to take part in a variety of course related experiences. In recent years, these have included:

- Fitness Testing
- Wheelchair Basketball
- Sports Awards ceremony

## Assessment

This course is mainly theory based and is assessed through written examination, coursework and practical performance. Students' practical performance will be assessed through video evidence. Students should be competing and playing on a regular basis to improve their own performance.

A Level PE has a 30% coursework element (15% written performance analysis and 15% practical performance in competitive situations).

Assessment of quantitative skills will represent a minimum of 5% of the overall A Level mark.

The exam board for this A Level is AQA.

## Entry Requirements

All students need to have at least five GCSEs at Grade 4 or above (and a satisfactory school reference) in order to be accepted on an A Level/BTEC Level 3 Programme.

In addition, students should meet the following minimum GCSE requirements:

- Grade 4 in English Language and Maths and Grade 5 in a Science subject (5,5 in Combined Science)

GCSE PE is not required.

Students who do not fulfil this criteria should consider the BTEC Sport course.

Students will enjoy this course if they:

- Have an active enthusiasm and interest in Sport and Physical Recreation
- Are keen to develop their own knowledge of health, physical activity in society and the mental and physical elements of sport performance

Students MUST have strong sporting ability in one sport from the approved exam board list and be taking part competitively throughout the course. Check list of approved sports at interview.