

*The business of sport is a major part of our modern lives. We all play, watch or talk about sport. How has it come to be our obsession?*



**Are you interested in:**

- anatomy and exercise physiology
- biomechanical Movement
- skill acquisition
- sports psychology
- sport and society
- the role of technology in physical activity and sport
- practical performance,
- coaching and officiating

**Leading to a career in:**

- Physiotherapy
- Teaching
- Sports Journalism
- Sports Development
- The Leisure Industry

**Person to Contact:**

**Miss MA Bygraves**

**Exam Board: AQA**

## A-level

The theoretical content of the course contributes to 70% of the final assessment, and is assessed through two written exams. Pupils will be required to develop knowledge and understanding as well as quantitative skills linked to the following seven units.

### Applied Anatomy and Physiology

Students will be required to develop knowledge and understanding of how the body systems changes before, during and after exercise and the adaptations that take place to the musculo-skeletal, cardio respiratory, neuromuscular and the bodies energy systems, when taking part in regular physical activity and training.

### Biomechanical Movement

Students are required to develop knowledge and understanding of how forces, biomechanics and motion impacts on sports performance. Students will apply their biomechanical understanding to analyse movement in physical activities.

### Exercise Physiology

Students are required to understand the adaptations to the body systems through training or lifestyle and how these changes affect the efficiency of those systems.

### Sport and Society and the role of Technology in Physical Activity and Sport

Students will develop knowledge and understanding of the interaction between and the evolution of, sport and society and the technological developments in physical activity and sport.

### Skill Acquisition

Students will be required to develop knowledge and understanding of how skills can be developed and refined, as well as various different theoretical perspectives behind skill development. Students will understand how to improve skill development through guidance and feedback and the use of memory.

### Sports Psychology

Students will develop knowledge and understanding of how sports psychology can help prepare for and influence sports performance.

### Sport and Society

Students will be required to develop an understanding of the interaction between and the evolution of sport and society; including topics such as the historical factors that influence modern day sport as we know it. As well as assessing the impact commercialisation and the media has on sport.



## **Practical Assessment:**

A critical aspect of this Physical Education course is the practical work; with 30% of your overall A-level being assessed in this way. It is imperative that you are playing/performing or coaching in one activity to a good standard, on a regular basis throughout the course. Ideally this should be for a club or equivalent as a minimal standard and not just at a recreational level. You will be required to collect video footage as evidence of your performance and will be expected to do this in your own time, as many students choose a range of different activities. Your performances will be watched live by your teachers, if it is appropriate and viable to do so. For certain activities it may be more appropriate to use your video evidence to moderate your performance; for example in swimming or canoeing.

## **Practical lessons:**

Certain topic areas of the specification will be delivered via practical sessions. You will, therefore, be expected to wear suitable sports kit and be a keen and willing participant. Maximum effort will be required so that you get the most out of these lessons.

## **Knowledge and Skills:**

Physical Education develops your ability to critically analyse all areas of performance as well as improving your own practical skills. You will develop your independent learning skills and ability to work on group tasks, presentations, as well as how to interpret and use data. Your ICT skills will also be enhanced through video editing and internet based research.

## **Higher Education/Your future:**

Physical Education is a diverse subject that compliments many other courses due to the range and content which the various topic areas cover. It suits students with a real interest in the practical world of sport that is all around us. Whether you have an interest in what motivates elite athletes, how the body adapts to intense training or the latest in sports technology; this course is bound to provide you with a broad platform in which to further your study of Sport Science in many avenues.