



AS/A2 Physical Education Course Outline

Overview

This course builds on the student's experience from Key Stage 4 and GCSE PE to enhance their knowledge and increase their understanding of factors that affect performance and participation in physical education. The qualification provides students with skills and knowledge regarding both physiological and psychological effects of sport and physical activity. Students will also be offered the opportunity to experience and develop an interest in a variety of roles in sport such as performer, official and/or leader/coach at AS and then be able to specialise in one of these at A2. The content of the course also addresses current contemporary topics in sport such as the impact in the use of specialised training, sports technology and increasing commercialisation of sport. The A2 course also allows the students to assess and evaluate their own performance in a particular activity, identify weaknesses and suggest any measures to correct these.

Course Structure and Content

AS: Unit 1 Opportunities for and the effects of leading a healthy and active lifestyle

This section focuses on how understanding the functions of the body and its systems can help lead to a healthy and active lifestyle and includes topics on health exercise and fitness, nutrition, the heart, breathing and movement.

Assessment: 2 Hour written exam

AS: Unit 2 Analysis and evaluation of physical activity as a performer or in other adopted roles

This practical element of the course gives the candidates the opportunity to acquire and apply knowledge and understanding in the evaluation of physical performance. They will be able to do this through demonstrating their practical ability in a chosen sport through conditioned/modified practices and competitive situations. (Students can also adopt the role of an official or coach). They will also be given the opportunity to observe, analyse and evaluate their own and others performances and identify ways in which performance can be improved.

Assessment: The theoretical part of this course covers topics on applied exercise physiology and skill acquisition and will be assessed in an exam alongside questions from Unit 1.

The practical part of the course is internally assessed with an external moderation.

A2: Unit 3 Optimising performance and evaluating contemporary issues within sport

This unit is divided into three sections:

Section A covers applied physiology and how this can affect performance. It includes topics such as energy systems, muscles, and sports injuries.

Section B covers psychological factors which affect performance. It includes topics on personality, anxiety, attitude, and leadership.

Section C allows the student to evaluate contemporary issues within sport.

Topics covered include: World games, UK sport and Sport England, the Olympics, and links between sport and the law.

Assessment – 2 hour written examination

A2 Unit 4 Optimising practical performance in a competitive situation

This practical part of the course is again divided into three sections:

Section A - candidates are assessed in their ability to perform and analyse relevant core skills/techniques as a performer, official or coach within competitive situations.

Section B - candidates must demonstrate their ability to analyse and critically evaluate their own or other performers' weaknesses within a fully competitive situation in relation to an elite performer.

Section C - candidates must use the theoretical knowledge gained on the course to provide reasons for any weaknesses identified in performance and suggest corrective practices to allow improvement.

Assessment – Internal assessment and external moderation

Entry Requirements

A grade C or above in GCSE PE is normally required. If a GCSE in this subject was not taken, then a grade C or above in a Science subject is necessary.

Career Prospects

A Level PE students can expect to find employment in the sports industry as Sports Development Officers, Sports Administrators and Sport Facility Managers. There are also careers within sport and leisure management, sports development and coaching, sports administration, community sports development and leisure and recreation. Students can also find employment in areas unrelated to sport for example, in community development, journalism and the field of Science.