



PE

Course Information

This course is based on the interaction between the theory and practice of physical education. You will gain a clear appreciation of key issues in physical education including balanced, active and healthy lifestyles, a focus on performance in practical activity, and the opportunity to pursue particular areas of interest.



Course Content

The linear A level is divided into four components:

- **Component 1:** Scientific Principles of Physical Education
- **Component 2:** Psychological and Social Principles of PE
- **Component 3:** Practical Performance (Coach or a player)
- **Component 4:** Performance Analysis

Component 1: Scientific Principles of Physical Education

*Written examination: 2 hours and 30 minutes
40% of the qualification
140 marks*

Content overview

- Topic 1: Applied anatomy and physiology
- Topic 2: Exercise physiology and applied movement analysis

Component 2: Psychological and Social Principles of PE

*Written examination: 2 hours
30% of the qualification
100 marks*

Content overview

- Topic 3: Skill acquisition
- Topic 4: Sport psychology
- Topic 5: Sport and society

Entry Requirements

5 A*-C GCSE, including a minimum grade 5 at English and Maths

B grade GCSE PE - C in theoretical aspects of the course



Component 3: Practical Performance

*Non-examined assessment: internally assessed,
externally moderated
15% of the qualification
40 marks*

Content overview

- Skills performed in one physical activity as a player/performer
- OR
- Skills performed in one physical activity as a coach

Component 4: Performance Analysis and Performance

Development Programme
*Non-examined assessment: internally assessed,
externally moderated
15% of the qualification
40 marks*

Content overview

- Topic 1: Applied anatomy and physiology
- Topic 2: Exercise physiology and applied movement analysis
- Topic 3: Skill acquisition
- Topic 4: Sport psychology

Biomechanics is embedded within the content of Topics 1 and 2.

Future Opportunities

University - PE teacher, Physiotherapist, Sports Therapist, Sports Science, medicine

- Sports Management
- Sports Development
- Sports Coaching
- Teaching



Please scan here for student testimonials and further information