

Physical
Education



Exam Board
AQA

Syllabus number
7582

Physical Education



King's
School

“The fight is won or lost far away from the witnesses, behind the lines, in the gym, and out there on the road; long before I dance under their lights.”

Muhammad Ali

Course entry requirements

Grade 6-6 GCSE Combined Science or Grade 6 GCSE Biology if GCSE PE has not been previously studied. Must be competing in a sport from the AQA A Level specification (list found on AQA website) outside of school.

Why should I study PE?

Sport is no longer decided by the people with the most talent or the people who train the hardest. Sport is now about 'marginal gains' from the diet of athletes to their kit and equipment, altitude training and preparation; no detail is left unexamined in the pursuit of excellence. This course provides the perfect steppingstone to the world of 'Sport Science'. A Level Physical Education builds on students' experience from Key Stage 4 and GCSE to enhance their knowledge and increase their understanding of the factors that affect performance and participation. The content addresses contemporary topics in sport, such as the impact in the use of ergogenic aids, technology, and the increasing commercialisation of sport.

What does the course look like?

The course features a variety of teaching and learning approaches, including interactive classroom study, lectures, group research tasks and private study. Students are expected to commit and participate to one sporting activity outside of school as part of the A Level PE course. Visit the AQA website for a list of activities that are assessed. Where possible, a visit to a sports testing laboratory is organised to support the application of student's knowledge around the anatomy and physiology elements of the course.

How will I learn?

Factors affecting participation in physical activity and sport

- Content: Applied anatomy and physiology, skill acquisition and sport and society. Written exam: 2 hours - 35% of A Level Factors affecting optimal performance in physical activity and sport
- Content: exercise physiology and biomechanics, sports psychology, and sport and society and technology in sport Written exam: 2 hours - 35% of A Level Practical performance in physical activity and sport
- Content: students are assessed as a performer or coach in the full sided version of one activity (20%) and a written/ verbal analysis of performance (10%). Internal assessment, external moderation - 30% of A Level.

What kind of things might the subject lead me to?

Physical Education is regarded highly by universities and employers due to the skills and qualities developed throughout the course. High quality communication, collaboration and leadership are required both as a sports performer and a student or employee. Sport and Exercise Science, Sport Management, Sport and Exercise Psychology, Sport Coaching and Performance Analysis are all available subjects to study further at university. A Level PE is also useful for Physiotherapy if combined with a strong science.