

AS/A2 SPORT AND PHYSICAL EDUCATION

Entry requirements:

At least 5 Cs or above in English, Mathematics and Science. It is **not** a prerequisite to have studied GCSE Physical Education although it will aid your transition to advanced level. Science and Mathematics at GCSE are also very useful subjects to have gained at C or above to aid with the biomechanical and biological content. A general enthusiasm for sport and physical activity are essential and a willingness to explore further the factors that contribute towards improved performance.

Examination board:

AQA

Teachers:

C Haslingden and K Hooper

Timetable organisation

Five one hour lessons – divided into four theoretical lessons and one coursework lesson per week.

Main Syllabus areas

Physical Education and Sport is the interdisciplinary study of physical activity, human movement and athletic performance. This course explores many aspects of anatomy and physiology, exercise physiology, sports injuries, rehabilitation, nutrition, psychology, biomechanics and socio-cultural issues within sport and physical education.

Within the course there are practical components which focus on sports performance, coaching and officiating. This aspect of the course can link with other awards on offer within the sixth form enrichment programme such as the Community Sports Leaders Award (NVQ level 2). The multi-faceted content of the course develops a breadth of understanding and forms the foundations for further study and/or vocational pathways within teaching, coaching, sports development, the leisure industry, primary health care and sports medicine.

The Sport and Physical Education course specifically focuses on the following areas:

AS Examination – Unit 1 – Opportunities for and the effects of leading a healthy and active lifestyle. Written examination: 2 hour paper 60% of AS, 30% of A level marks. **Unit 2** – Analysis and evaluation of physical activity as a performer and/or in an adopted role/s. Practical Unit – Internally Assessed 40% of AS marks with external moderation 20% of A level marks.

A2 Examination – Unit 3 – Optimising performance and evaluating contemporary issues within sport. Written examination: 2 hour paper 30% of A Level marks.

Main Syllabus areas (Cont...)

Unit 4 – Optimising practical performance in a competitive situation. Internal assessment with 20% of A Level marks. External Moderation.

You will learn about how a variety of body systems respond to exercise. How training enables the body to adapt, develop and improve. You will learn how to describe sporting actions through appropriate application of movement analysis and biomechanics. Through the concepts of skill acquisition and sports psychology you will discover how learning, processing of information and retention of skills takes place. In addition, the social, economic, political, cultural and historical factors that influence participation and performance are examined. New components such as sports injuries, rehabilitation and sports nutrition have been added to the course.

Method of assessment

Overall students will be assessed by a combination of coursework (40%) and written examinations (60%).

Qualities required

A desire and commitment to succeed in studies at A Level. A willingness to engage in additional studies outside the lesson time and participate within the sport and leadership opportunities offered within the enrichment programme.

Links with other subjects

Biology, Physics, Psychology, Sociology and History.

Career prospects

Sport, physical education, health and fitness are all huge growth areas that provide a natural vocational progression. Indirectly the course can lead to a variety of career pathways. Many students will continue to study the academic pathways of health and exercise science or pursue the vocational orientation of coaching or teaching. The course provides an excellent platform for students wishing to pursue a primary health care qualification or those with a specific interest in sports medicine and sports injuries.

Extension and enrichment opportunities

Y12 enrichment programme, extra curricular sport, PESSCLs (Physical Education and School Sport Club Links Strategy), university trips, revision conferences and regular workshops.