

### Aims of the course:

#### During this course you will have opportunities to:

- Develop greater understanding of exercise physiology and how this can affect sports performance.
- Develop greater understanding into how performers learn skills and how coaches can help them to acquire them.
- Develop an understanding of the socio-cultural aspects of sport, including development the historical development of sport, and contemporary issues such as the use of drugs.
- Develop an understanding in to the biomechanics of sporting movements and how technology can influence this.
- Develop a deeper awareness how sports psychology can influence performance, and appropriate strategies to develop elite performance.

### Course content

<b><i>Paper 1: Factors affecting participation in physical activity and sport</i></b>	<b><i>Paper 2: Factors affecting optimal performance in physical activity and sport</i></b>	<b><i>NEA (Practical)</i></b>
<b>What's assessed?</b> Section A: Applied anatomy and physiology Section B: Skill acquisition Section C: Sport and society	<b>What's assessed?</b> Section A: Exercise physiology and biomechanics Section B: Sport psychology Section C: Sport and society	<b>What's assessed?</b> Students assessed as a performer or coach in the full sided version of one activity. Plus: written/verbal analysis of performance.
<b>How it's assessed:</b> Written exam: 2 hours 105 marks <u>35 % of A-level</u> Questions Section A: multiple choice, short answer and extended writing (35 marks) Section B: multiple choice, short answer and extended writing (35 marks) Section C: multiple choice, short answer and extended writing (35 marks)	<b>How it's assessed:</b> Written exam: 2 hours 105 marks <u>35 % of A-level</u> Questions Section A: multiple choice, short answer and extended writing (35 marks) Section B: multiple choice, short answer and extended writing (35 marks) Section C: multiple choice, short answer and extended writing (35 marks)	<b>How it's assessed:</b> Internal assessment, external moderation 90 marks <u>30 % of A-level</u>



# PHYSICAL EDUCATION

A Level / AQA

## What are lessons like?

- You will study this subject 5 hours a week.
- Lessons will be a variety of theory and practically based sessions.

## Recommended prior learning:

This course builds on the knowledge and understanding from the GCSE PE and BTEC Sport Level 2 courses. It is expected that you will have achieved a GCSE Grade 4 or above in this subject. As 30% of the course is assessed practically, regular participation in any sport is required.

## Where can this course lead to?

Follow a degree course in teaching, physiotherapy, sports coaching, lecturing, sports rehabilitation and many more. UCAS handbooks will give you further guidance about the wide range of courses to which you can progress.

## Why study Physical Education at St Mary's College Sixth Form?

Physical Education encompasses a wide range of different areas of study- physiology, biomechanics, sports psychology and contemporary issues within sport- alongside an opportunity to develop and be assessed on your practical abilities in the SM6 Sports Academies. As well as performing, students have the opportunity to coach and officiate at events throughout the College and lower school.

Course leader: Miss J Simmons