

Physical Education

Exam board : AQA

Specification no : 7582 A-level

This is a two year linear A level course - The two years of content are assessed at the end of Year 13 to give the A level grade. Unfortunately there is no longer an AS Level qualification in PE..

Link to the Specification:

<https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF>



Content:

Topic	Assessment	A Level %
Paper 1 Applied anatomy and physiology Skill Acquisition Sport and Society	Written examination: 2 hour paper 105 marks	35
Paper 2 Exercise Physiology and biomechanics Sport Psychology Sport & society Technology in sport	Written examination: 2 hour paper 105 marks	35
Practical performance	Performer or coach in one activity plus written analysis of performance 90 marks	30

Course Delivery:

A Level Physical Education is taught in a variety of ways. As 70% of the course is theory based the majority of lessons will be in the classroom, but whenever possible the theory input will be taught through practical experiences as we have found this more engaging and meaningful for students. The necessity to relate all content to relevant sporting examples means that class discussion, debate are vital delivery methods.

For the practical components students will be expected to participate in their own time to complete the required work, creating their own video portfolio to support their assessment. It is important that students are involved in an external club where they can obtain video evidence of them performing in a fully competitive situation.

During the course students also have the opportunity to attend trips that show aspects of the course in a real life setting, for example fitness testing in a lab at Bath university.

Course Content:

Paper 1: Factors affecting participation in physical activity and sport **Section A Applied anatomy & physiology**

This section focusses on how sport affects the body and how you can help prepare the body for physical activity. Includes the cardiovascular, respiratory and neuro-muscular systems. In this section you will learn how to interpret data and graphs relating to changes within the Musculo-skeletal, cardio-respiratory and neuro-muscular systems and the use of energy systems during different types of physical activity and sport, and the recovery process.

Section B Skill acquisition

Learn all about how new physical skills can be learned and developed and how coaches can adapt training to suit particular performers and their needs. Includes principles and theories of learning and skill classification and impact on training presentation.

Section C Sport and society

How organised sports as you know them came to be. The development of key sporting case studies and the influence of the industrial revolution on the development of modern-day sport and their effect on society.

Paper 2: Factors affecting optimal performance in physical activity and sport **Section A Exercise physiology and biomechanics**

How to prepare the body for, and maintain, sporting performance as well as how physical concepts come can affect sporting performance. Includes diet and nutrition, principles of training and training methods. As well as Newton's three laws of motion and fluid mechanics.

Section B Sport psychology

How the attitudes are formed and changed as well as different concepts that affect their performance of individuals and groups. Includes arousal, personality and group dynamics.

Section C Sport and society. Technology in sport

How society can affect sporting participation levels and how the commercialisation of sport has led to differing forms of deviance in sport. Includes Concepts of physical activity, drugs and violence in sport.

Practical performance in physical activity 30%

Practical performance is still an important part of assessment at A level. Any students will be assessed as a performer in the full-sided version of one activity. This will need to be filmed for the moderation process. Students are then assessed using a written coursework on their ability to analyse and evaluate their own, or another person's performance in a fully competitive/performance situation as either a player or performer

Entry requirements:

At least Grade 5 is required in Additional Science or Biology in addition to the normal entry requirements, plus regular participation in sport to a good standard. Additionally, a GCSE or BTEC in PE or Sport is preferred but not essential.

Resources:

Students are encouraged to purchase a text/revision guide (Hodder education AQA A level textbook.)

Skills & personal qualities required / developed by course:

A passion for the subject and a commitment to work in their own time is essential. Students need to be opinionated and have a basic understanding about a range of physical activities. As well as keeping up with current sporting affairs and able to discuss their views both verbally and in written work about these. They also need to be interested in how a range of theories can be applied to sporting situations.

Recommended reading / websites:

- BBC sport website/app
- A subscription to Hodder Education PE Review Magazine is recommended but not compulsory to help students keep up with current affairs.
- The PE review is an excellent resource as it embeds key examined content into current sporting news.

Documentaries and films:

- Icarus
- The English game
- Chariots of fire
- Game changers

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