

A Level Physical Education (AQA)

Course overview:

Year 12

Section 1: Applied Anatomy and Physiology

Section 2: Skill Acquisition

Section 3: Sport and Society

Year 13

Section 4: Exercise Physiology

Section 5: Biomechanical Movement

Section 6: Sports Psychology

Section 7: Sport and Society and the Role of Technology in Physical Activity and Sport

Written coursework

Assessment information:

Paper 1:

Factors affecting participation in physical activity and sport

Sections 1, 2 and 3

2-hour written exam: 105 marks, 35% of A level

Assessment information:

Paper 2:

Factors affecting optimal performance in physical activity and sport.

Sections 4, 5, 6 and 7

2-hour written exam: 105 marks, 35% of A level

Non-exam assessment

Students will be assessed as a coach or performer in the full sided version of one activity. Plus written/ verbal analysis of performance.

90 Marks, 30% of A level

Is this course right for me?

Do you have a genuine interest in sports and exercise science? Do you compete in sport outside of school? Are you hard working, ambitious and wish to pursue a career in the sports industry?

Subject contact: Miss H King



Career pathways:

PE can lead to a vast range of employment opportunities. These include but are not exclusive to:

- Exercise Physiologist
- Physiotherapist
- Chiropractor
- Health Promotion
- Specialist Nutritionist
- Personal Trainer
- Teaching
- Sports coach
- Fitness Centre Manager
- Sports Development Officer
- Sports Therapist

Example university courses
A level PE could lead to:

- Sports Psychology
- Physiotherapy
- Sports & Exercise Science
- Sports Management & Coaching
- Teaching