



A Level Physical Education Course Information

Exam Board AQA A Level Physical Education

What is A Level PE?

A Level Physical Education explores the science, psychology, and performance aspects of sport. It examines how the body and mind respond to exercise, how athletes optimise performance, and how sport fits into society. The course combines academic theory with practical application, helping students understand the key factors that underpin successful performance.

What Does the Course Involve?

Studying the biomechanics, anatomy, and physiology of movement and performance.
Exploring psychological factors that influence participation and performance in sport.
Analysing socio-cultural issues such as ethics, commercialisation, technology, and participation trends.
Developing performance or coaching skills in one chosen sport. Applying theoretical knowledge to real-life sporting contexts.

Entry Requirements : GCSE PE is not essential to study A Level PE. English and Mathematics grade 4 or above and grade 5 in PE. Needs to be actively involved in a sporting activity.

What Topics Are Studied and How Is It Assessed?

The course covers how the body responds to exercise, skill development, sport's evolution and societal impact, training and injury prevention, sport psychology, and contemporary issues such as ethics, drugs, and media influence.

Practical Performance & Analysis: One chosen sport (performer or coach) plus a written Performance Analysis (EAPI).

Assessment is through two written exams and one non-exam assessment (NEA):

- Paper 1: Factors Affecting Participation in Physical Activity and Sport
Written exam: 2 hours – 35% of A Level (105 marks)
Covers anatomy & physiology, skill acquisition, and sport & society.
- Paper 2: Factors Affecting Optimal Performance in Physical Activity and Sport
Written exam: 2 hours – 35% of A Level (105 marks)
Covers exercise physiology, biomechanics, sport psychology, and contemporary issues.
- NEA: Practical Performance & EAPI
30% of A Level (90 marks)

Practical performance in one activity plus written analysis and evaluation.

Lessons combine theory, practical application and discussion. Students take part in:

- Practical performance sessions
- Group tasks, debates, and presentations
- Video analysis of elite and student performance
- Independent research tasks
- Applied physiology and biomechanics investigations
- Regular exam practice using real AQA-style questions

A Level PE develops analytical thinking, problem solving, communication, and applied science skills. It provides a strong foundation for degree courses such as:

- Sport and Exercise Science
- Physiotherapy
- Sports Coaching and Development
- Physical Education Teaching
- Sports Psychology
- Nutrition and Dietetics
- Sports Management
- Strength and Conditioning

For more information about the course, please see Mrs King