

Physical Education

A Level Specification: AQA 7582

Contact: Mr M Hiorns

What will I study?

Year 1

- Applied Anatomy and Physiology – The Cardiovascular System, The Respiratory System, Energy Systems and The Musculoskeletal System.
- Skill Acquisition – Skill, Theories of Learning, Guidance & feedback, Memory & Information Processing.
- Sport and Society – The History of Football, Tennis & Athletics & Equal Opportunities in Sport.

Year 2

- Exercise Physiology – Diet, Training Methods, Injury Prevention & Biomechanics.
- Sports Psychology – Personality, Arousal Aggression, Motivation Confidence & Leadership in Sport.
- Sport, Society & Technology – Violence in Sport, Ethics in Sport, Drugs in Sport, Commercialisation and Technology in Sport.

How will I be assessed?

Theory

Two two hour exams at the end of Year 13.
(70% of final grade)

Paper 1 assess the Year 12 topics

Paper 2 assess the Year 13 topics

NEA (Non-Examined Assessment)

Written Coursework (15% of final grade)

Practical Performance in one sport (15% of final grade)

How will I Learn?

Students will mostly learn in a classroom environment however, where possible, some of the key content will be taught in a practical setting. For example, the training methods topic may be taught practically and students will be encouraged to participate in a variety of training sessions.



What skills will I need?

In order to be successful in A Level PE student will require the following skills:

- The ability to work independently outside of lessons.
- Evaluative and Analytical skills.
- Resilience and Determination.
- A keen interest in a range of sports.
- The commitment to play sport throughout the duration of the course.

Careers and Progression

Students who study A Level PE can progress on to university or jobs in the following areas:

- Sports Management.
- Coaching.
- Physiotherapy.
- Teaching.
- Sports Media.
- Performance Analysis.

A truly **comprehensive** Sixth Form with **success** and **opportunity** for all

