

Physical Education

GCE A

Code: AQA A Level Physical Education 7582

Taught hours per week: 6

Course Leader: Miss C Reid
(Head of Sport Science)

creid@bohunt.hants.sch.uk

Course Features

This course is designed to offer students an insight into the major themes of sporting performance from anatomy and physiology to sports psychology and cultural influences. With a significant academic element (70%), this curriculum incorporates a range of other subjects; Biology, Physics, Psychology and Maths are all brought to life in a sporting context. Furthermore, students will gain the information and the practical tools to improve their own performance. It is a classroom-based subject supported by examples from the practical setting.

Course Content

Applied Anatomy and Physiology

Students should develop knowledge and understanding of the changes within the body prior to and during exercise.

Skill Acquisition

This section focuses on how skill is acquired and the impact of psychological factors on performance.

Sport and Society

Students should develop knowledge and understanding of the interaction between, and the evolution of, sport and society.

Exercise Physiology

Students should understand the adaptations to the body systems through training or lifestyle, and how these changes affect the efficiency of those systems.

Biomechanical Movement

Students should develop knowledge and understanding of motion and forces, and their relevance to performance in physical activity and sport.

Sport Psychology

In this section, students will develop knowledge and understanding of the role of sport psychology in optimising performance in physical activity and sport.

Role of Technology in Physical Activity and Sport

Students should develop knowledge and understanding of the interaction between and the evolution of, the technological developments in physical activity and sport.

Assessment

Paper 1: Factors affecting participation in physical activity & sport
2 hours (35% of total mark)

Paper 2: Factors affecting optimal performance in physical activity & sport
2 hours (35% of total mark)

Practical assessment as performer or coach plus analysis of performance (written or oral) (30% of total mark)

Progression & Skills

Physical Education, Sport Science, Sports Coaching, Teaching, Physiotherapy, Sports Management, Performance Analyst, Nutritionist, Exercise Psychologist.

Recommended Texts

Hodder Education: AQA A-level PE Book 1 for year 1 and AS

Entry requirements:

Minimum Grade 6 in GCSE PE **AND** Science and regular participation in a specification approved sport at club level or above

<http://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582>

