



- Thinking of becoming a **Physiotherapist**? Aiming to manage a Gym? Wanting to become a Personal Trainer?
- Wanting to influence the diet and exercise habits of the nation? Fascinated by the human body?
- Studying other sciences? Or do you just want to understand the why behind sports performance?

A Level Physical Education will give you a fantastic insight into the amazing world of sports performance. Not only will you have the chance to perform or coach a sport through the non-exam assessment component, you will also develop a wide ranging knowledge into the how and why of Physical activity and sport.

Physical Education is studied through a range of different contexts and the impact it has on both ours and other's everyday lives. You will learn the reasons why we do things, why some people out perform others, mentally and physically. You will also delve into the ethical considerations behind the use of drugs and also the influence that modern technology is having in and on physical activity and sport.

30% Non-Exam assessment giving you the opportunity to apply the theory to your own sporting performance (as either a coach or a practitioner) and also to analyse performance in your chosen sport.

- Simple, straightforward assessment structure
- Opportunities to either coach or perform in an activity
- All key areas of study covered

How will I be assessed and what will I be studying?

Non- Exam Assessment (NEA). **One practical performance**, as either a coach or a performer in an activity.

- NEA. One **Performance Analysis task**.
- A total of four hours assessment split over three examination papers
(**2x 1 hour and 1x 2 hour**) taken at the end of the two year course.
- A wide range of Question types including: single mark, short answer and extended response questions.
- The opportunity to demonstrate your knowledge of both theory and performance skills in both your NEA and through the examinations.

