



Fides Caritas Unitas

**ALL SAINTS**  
ROMAN CATHOLIC SCHOOL • YORK

# AQA A LEVEL PHYSICAL EDUCATION SUBJECT IN CAPITALS\*

This is an interesting and challenging learning experience, linking key sporting theoretical ideas with practical performance while gaining an insight into the relationships they have with each other. The development of transferable skills including: decision making, psychological understanding of people, independent thinking, problem solving and analytical skills as well as thinking and acting under pressure. The study of A Level Physical Education opens up a range of possibilities for further study and careers associated with the subject.

## COURSE CONTENT

### Year 12

Section A: Applied anatomy and physiology

Section B: Skill acquisition

Section C: Sport and society

### Year 13

Section A: Exercise physiology and biomechanics

Section B: Sport psychology

Section C: Sport and society and technology in sport

## ASSESSMENT

Paper 1: Factors affecting participation in physical activity and sport. 2 hours each section A, B & C worth 35 marks. Multiple choices, short answer and extended writing. Written exam: 2 hours 105 marks 35% of A-Level

Paper 2: Factors affecting optimal performance in physical activity and sport 2 hours each section A,B &C worth 35 marks. Multiple choices, short answer and extended writing. Written exam: 2 hours 105 marks 35% of A-Level

Non-exam assessment: Practical performance in physical activity and sport Students assessed as a performer or coach in the full sided version of one activity. Plus: written/verbal analysis of performance. Internal assessment. External moderation 90 marks 30% of A-level

## SUBJECT COMBINATIONS

Physical Education works well with a range of A Level subjects, Biology, History, English Language, Psychology, Sociology, Dance and Business Studies.

## ENTRY REQUIREMENTS

At least a Grade 5 in the theory component of GCSE PE or Grade 5 in Science and English. In addition, students must be playing sport outside of school. This means participating at club level and competing at regular intervals (video evidence will be required)

## PROGRESSION

Studying A Level PE could lead to undergraduate study in Medicine, Sports Science, Physical Education Teaching, Sports Coaching and Sports Management, sports nutrition, sports psychology, sports journalism

## FUTURES

Leisure industry including personal training. Sports science, PE teacher, Physiotherapist, Professional sports person, Sports coach/consultant, Sports policy development at local and national level, diet and fitness instructor, Personal trainer Events manager, Health trainer, Leisure centre manager.

### COURSE CONTACT

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