

# PE

## WHY STUDY THIS COURSE?

This course is ideal for any student with a keen interest in Sport and Physical Education. Students who compete in sport at a good level will benefit from 30% of their grade coming from a practical assessment.

### COURSE DETAILS

**Qualification:** A Level Physical Education

**Awarding Body:** AQA

**Entry Requirements:** 5 GCSE grades A\*- C/4+ including both English language and maths plus GCSE PE Grade 5. Students must have achieved a grade 5 in the theory element of the GCSE course

Students with an interest in Biology and Psychology will complement their studies in Physical Education. Although the majority of the course is theory based, many of your lessons will use practical activities to help you develop an application of your understanding of the key concepts.

A Level PE students go on to study and work in a huge range of fields from sports nutrition, sports psychology, sports science, physiotherapy, teaching and many non-sports based tracks.

## COURSE STRUCTURE & ASSESSMENT

As part of the theoretical aspects of the course, you will acquire and apply an understanding of sports nutrition, sport physiology and sports psychology. In addition, you will consider current contemporary issues such as the impact of the use of ergogenic aids, hooliganism the impact of technology and the increasing commercialisation of sport.

You will sit two external exams, which each last for two hours and will account for 35% of your total grade. Practical Performance (30% of final grade): Your practical performance will be assessed in your chosen activity accounting for 15% of your total grade. The assessment will account for your performance in a competitive situation. You will also complete an analysis of your own performance which will account for the final 15% of your grade.

