

# **PHYSICAL EDUCATION**

## **AT ADVANCED LEVEL (A/S AND A2)**

Our Course: **AQA**

### **Summary of Subject Content**

Students wishing to study the Physical Education A Level course should have an interest in sport and want to further their knowledge and understanding of all aspects of Physical Education. Completion of the GCSE Physical Education course prior to starting this course would be a distinct advantage.

Students need to be competent in GCSE Biology and have an interest in the physiological basis of training for different sporting activities. A desire to understand what different factors contribute to success in sports will also prove advantageous.

### **First Year**

#### **AS: Unit 1 - PHED1**

**Opportunities for and the effects of leading a healthy and active lifestyle**

2 hour written examination - 84 marks

Two sections:

Section A – six structured questions

Section B – application of theoretical knowledge to a practical situation

60% of AS, 30% of A Level

#### **Unit 2 - PHED2**

**Analysis and evaluation of physical activity as a performer and/or in an adopted roles/s**

Internal assessment with external moderation - 100 marks

Candidates perform, analyse and evaluate the execution of core skills/techniques in isolation and in structured practice as either a player/performer and in an adopted role or two adopted roles.

40% of AS, 20% of A Level

## **Second Year**

### **A2: Unit 3 - PHED3**

#### **Optimising performance and evaluating contemporary issues within sport**

Written Paper – 2 hour – 84 marks

Three sections:

Section A – how exercise physiology can optimise performance

Section B – how application of psychological knowledge can optimise performance

Section C – contemporary influences in sport and their impact on the performer

25% of the total A-level marks

### **Unit 4 – PHED4**

#### **Optimising practical performance in a competitive situation**

Internal assessment with external moderation - 120 marks

Candidates perform, analyse and evaluate their own performance, identify weaknesses, and suggest causes and appropriate corrective measures.

20% of the total A Level marks

## **Values of the subject for higher education and future careers:**

This specification is ideally suited for those candidates wishing to pursue a higher degree in sport and physical education or a career in the leisure industry.