



Abbey Gate College
Sixth Form



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info on AQA

Physical Education

AQA

Why study this at A Level

Develop a deep understanding of the science behind sport – how does your body respond to exercise.

*How is movement produced and controlled?
Does the mind influence performance?*

Blend of theory and practical – look at your skills in your chosen sport, analyse your own performance.

Builds transferable skills – critical thinking, deep, use research and problem solving

Course Content and Assessment

Paper 1 – 105 marks 2 hours

Section A- Applied Anatomy and Physiology

Section B- Skill Acquisition

Section C- Sport and Society

Paper 2 – 105 marks and 2 hours

Section A – Exercise Physiology and Biomechanics

Section B – Sports Psychology

Section C – Sport and Society and Technology in Sport

Two papers equate to 70%

Skills obtained

- *Instils Confidence*
- *Teamwork and social skills*
- *Organisational skills*

Our students have gone on to pursue a number of related pathways including Sports psychology, Sports anatomy and physiology, Sports analyst ,PE Teacher Personal Trainer and Entrepreneurs in the sports industry

Practical – assessment as player, performer or coach in a full sided version of their one chosen sport (15% assessment).

Coursework - students will need to complete a written or verbal analysis of performance (15% assessment).