

## Physical Education

### Course Details and Assessment

Ellesmere Port Catholic High School follows the AQA Physical Education course. During the two years of study you will follow a programme that involves assessment in your practical and theoretical ability.

#### Theoretical Component

##### **A Level 70%**

You will develop your knowledge and understanding of the physiological, psychological and biomechanical factors which improve and optimise performance.

You will learn how socio-cultural and historical factors have effected participation in physical activity and influenced performance and you will develop an understanding of the factors that affect the nature and development of elite performance.

#### Practical Coursework Component

##### **A Level 30%**

Candidates perform as a player or a coach in the full recognised version of an activity chosen from the specification list.

#### A Level Theory Component

**Paper 1:** Factors affecting participation in physical activity and sport— 35%

##### **Section A — Applied Physiology;**

Health, exercise and fitness, transport of blood gases, cardiac function, analysis of movement in specified sporting actions, levers, principles of training, calculating working intensities, fitness testing, physiological and psychological value of a warm-up and cool down and training methods.

##### **Section B —Skill acquisition;**

This section focuses on how skill is acquired and the impact of psychological factors on their performance; Characteristics and definitions of skill, difference between motor and perceptual abilities, difference between skill and ability, Types of skill, classification of skill, information processing, learning and performance. Candidates should be able to understand the advantages and disadvantages of the following factors and explain how to improve performance;

Developing skill and planning training/coaching sessions, teaching styles, methods of presenting practice, types of practice, methods of guidance and feedback.

##### **Section C—Sport in Society;**

This section focuses on concepts of activity, active leisure, the roles of schools and national governing bodies and potential barriers to participation; Concepts of activity, public, private and voluntary sector, historical, social and cultural values, sport initiatives, national governing bodies, equal opportunity, discrimination and stereotyping and target groups.

**Paper 2:** Factors affecting optimal performance in physical activity and sport – 35%

##### **Section A: Exercise physiology and biomechanics;**

Energy systems, muscles, preparation and training / sports supplements, specialised training, sports injuries and mechanics of movement

##### **Section B: Sport Psychology;**

Aspects of personality, arousal, controlling anxiety attitudes, aggression, confidence, attribution theory, group success and leadership,

##### **Section C: Sport and society and technology in sport;**

Characteristics of world games, sport England, participation to performance to excellence, world class performance pathway, external organisations, the Olympic ideal in modern day sport, amateur and professional sport, contract to compete, gamesmanship and sportsmanship, sponsorship, media, commercialisation,

Deviance - violence  
- drugs  
- sports legislation



## Practical Coursework Component

Practical performance in physical activity and sport—  
30%

Candidates are required to select one role from player or coach and perform in the full version of the activity and give written/verbal analysis of performance.

## Skills needed

You will need to be highly motivated and extremely interested in the theoretical field of sport and physical education. You will need to be a sports minded person, who regularly competes as a player or a coach to a very high standard in one of the activities on the specification. You will need to be able to participate in group work as well as being able to demonstrate the ability to carry out personal study and independent research.

If you are interested in sports science issues and physical education, then this course could be suitable to you.

A grade 6 or higher in GCSE Physical Education will be a good indicator to whether you will be able to cope with the demands of A Level Physical Education.

## Future Career Prospects

At the end of the course there will be a range of opportunities available to you.

There are a variety of related degree and other Higher Education courses available.

The subject has relevance to careers in; sport, teaching, coaching, journalism, sports, media, physiotherapy, health and fitness, sports development and sports psychology are just a few to mention.

## For More Information

Students interested in following the A level Physical Education course, should contact the Head of Department.

### Subject staff

Mr M Cavanagh BA (Hons) P.G.C.E.  
Miss G Trowler BSc (Hons) P.G.C.E.  
Miss C Lodge BSc (Hons) and P.G.C.E

### Head of Department

Miss C Lodge BSc (Hons) and P.G.C.E

### Syllabus

Physical Education  
Specification code – 7582

### Exam Board

AQA

### Website

Further details of this course can be found on the exam boards' website.

[www.aqa.org.uk](http://www.aqa.org.uk)

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Headteacher: Mrs C. Vile B.Ed. Hons

In the Trusteeship of the R.C. Diocese of Shrewsbury and in partnership with our partner primary schools  
Our Lady Star of the Sea, St Bernard, St Mary of the Angels and St Saviour, serving the pastoral area of Ellesmere Port

