

PHYSICAL EDUCATION Advanced Level

Qualification Level 3 Advanced GCE in Physical Education

Exam Board AQA

Course Specific Entry Requirements Grade 5 or above in GCSE PE **and** Grades 5-5 or above in GCSE Combined Science **or** Grade 5 or above in GCSE Biology

Overview

This practical and engaging course has been developed to allow learners to study Physical Education in an academic setting, enabling them to critically analyse and evaluate their physical performance and apply their experience of practical activity in developing their knowledge and understanding of the subject.

What will I learn?

Theory makes up 70% of your overall mark and is examined in seven different areas, applied anatomy and physiology, skill acquisition, sport and society, exercise physiology, biomechanical movement, sport psychology and the role of technology in sport.

The second part of the course is the non-examined assessment and this makes up the other 30% of the course. This section allows you to explore one sport in detail as a performer or coach, chosen from a wide variety of sporting activities. Learners will also analyse and evaluate performance in that chosen activity as part of their NEA.

Throughout the two year course you will:

- ▲ develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- ▲ understand how physiological and psychological states affect performance
- ▲ understand the key socio-cultural factors that influence people's involvement in physical activity and sport
- ▲ understand the role of technology in physical activity and sport
- ▲ refine your ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- ▲ develop your ability to analyse and evaluate to improve performance
- ▲ understand the contribution which physical activity makes to health and fitness
- ▲ improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds

How will I learn?

The bulk of the course is studied in the classroom. There will be some practical activity but you will be expected to be taking part, regularly, in sport. When we do have practical lessons you will be expected to take an active role even if it is not your chosen sport.

Where could it lead?

This course will prepare you for the further study of PE or Sports Science courses at university, as well as other related subjects such as Psychology, Sociology and Biology. You will also develop the transferable skills that are in demand from employers in all sectors of industry. The career opportunities that this course can lead to include PE teaching, sports science, sports psychology, sports coaching, physiotherapy and personal training.

